

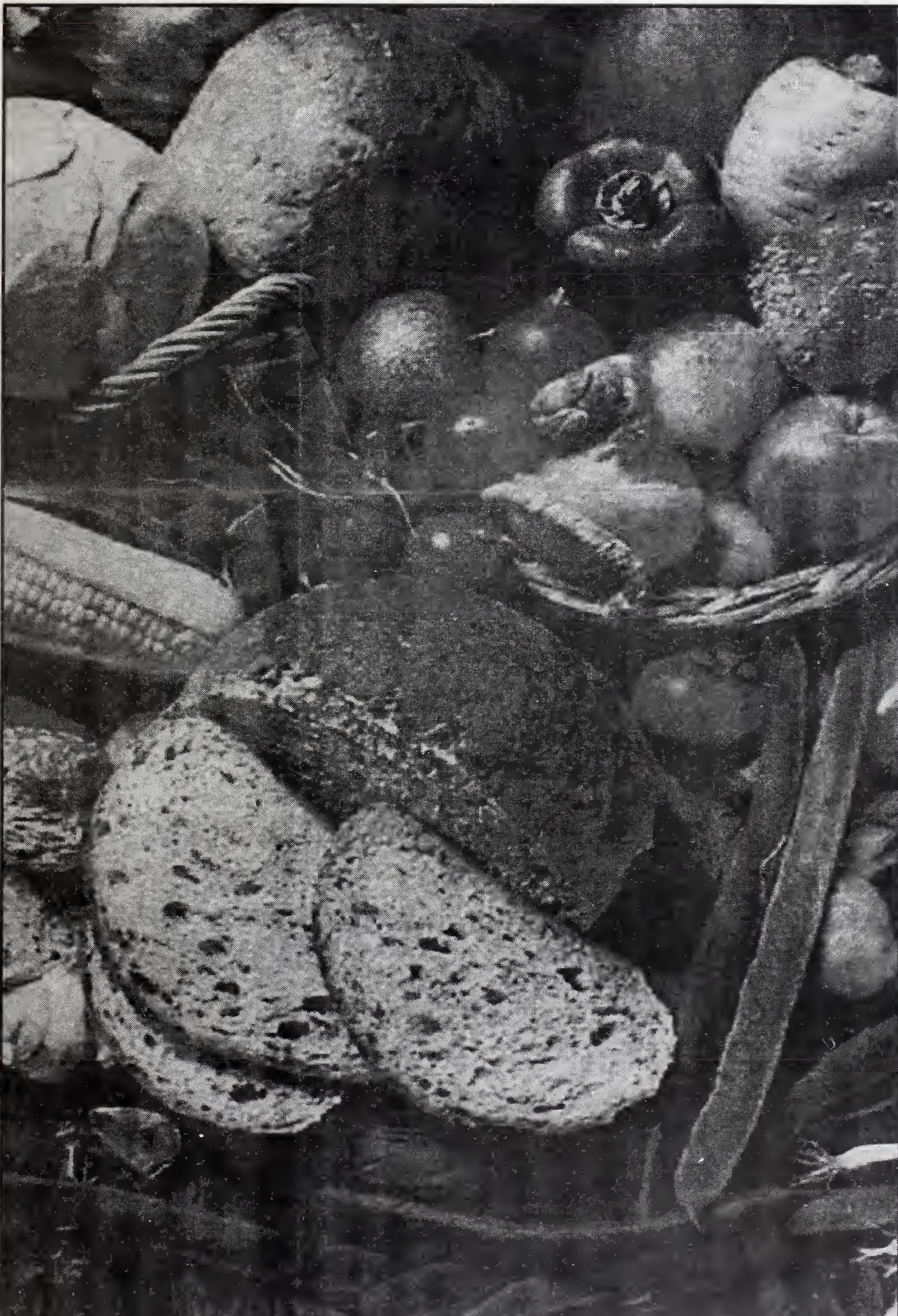
Lambda

Laurentian University's Student Newspaper
Le journal des étudiant(e)s de l'Université Laurentienne
Volume 35 - Issue 20 / Numéro 20

Slander is the revenge of a coward,
and dissimulation of his defense.

Samuel Johnson

VEGETARIANISM



Feature
includes:

- ♦ The Vegetarian Choice
- ♦ Vegetarian Myths Versus Reality
- ♦ From Meat Eater to Freak
- ♦ Recipes
- ♦ The Vegan Lifestyle
- ♦ Why Everyone Should Become a Vegetarian

See pages 6-9

BEING STALKED BY UNSATISFIED CUSTOMERS SINCE 1961

Yogic Flyers denounce fake food

by Dawn Xavier
The Fulcrum (CUP)

While Canada's major political parties gear up for an election based on the deficit, taxes and unemployment, one of the country's fringe parties is campaigning to ban genetically engineered foods.

The Natural Law Party of Canada is participating in an international campaign culminating in a series of global actions in April, to protest against the manipulation of cell information in foods.

"[The Canadian government] has never had proper health testing guidelines for the testing of genetically engineered foods," said Richard Wolfson, health advisor for the Natural Law Party. "Many of these foods are unlabelled and [are] simply placed on the shelf."

Since many products are used as components in other grocery products, he adds, it becomes more

difficult to track which products contain altered material.

In Europe, groups like Greenpeace have protested grocery stores carrying genetically tampered material.

During the week of April 21, consumer, farm and public interest organizations from over 24 nations will be holding simultaneous "grain dumps" and press conferences to promote global boycotts against commercialization of unlabelled, untested gene-altered corn and soybeans.

Genetic engineering is used by the agricultural industry to produce crops that are resistant to pests, or have a higher yield.

But Ann Cleary, of the Canadian Organic Growers, says the agricultural industry doesn't have their priorities in order.

"The more [they] produce on the land, the more [they can sell]," she said. "We believe food should be produced to feed people."

She adds that the method they advocate requires a return to

traditional agricultural methods rather than so-called artificial solutions, like making a vegetable more insect resistant or more susceptible to fertilizer. "We work from the bottom up," she said. "Agriculture works from the

top down."

While traditional breeding techniques allow for the exchange of genetic information between similar species, genetic engineering makes it possible for plant or animal genes to be injected into any other organism.

Opponents of the process

claim that interfering with genetic information has the potential to place many lives at risk because long-term health risks have not been adequately investigated. But in Canada, some sources estimate that well over two per cent of food products have been genetically engineered.

North America's first women's studies centre recommended for closure

by Keri Kosuri
The McGill Daily (CUP)

North America's first women's studies institute may be shut down if Concordia University's administration have their way.

The university is recommending the closure of its Simone de Beauvoir Institute, despite its reputation, because it failed to raise sufficient revenue.

"Simone de Beauvoir Institute should be closed, the Women's Studies program and faculty transferred to another department, and the para-educational activities of the Institute carried on by a unit such as the Women's Centre," wrote Jack Lightstone, Concordia's vice rector, in a proposal titled "Our Immediate Future."

Lightstone says due to education cutbacks, only those colleges that attract "outstanding students"

should remain.

"The university must ask of each of the colleges whether it has fulfilled its mandate as whether students of high quality come to Concordia who would not otherwise do so."

Kaarino Kailo, interim principal of the Simone de Beauvoir Institute is shocked the university is considering the proposal.

"When we first heard the recommendation," says Kaarino Kailo, interim principal of the Simone de Beauvoir Institute, "we were taken back on many levels. We weren't consulted. It was the non-participatory process that first upset everybody. The way it was handled was very insulting to us as women. It helped mobilize a lot of anger."

Kailo says transferring the women's studies program to the women's centre won't work as the centre is unable to meet the Institute's re-

search needs.

The document cites a broad range of cuts to be made to Concordia's entire arts faculty, and although education cuts in Quebec have escalated, Kailo argues that the reasoning Lightstone uses to close down the institution is invalid.

"We are viable both economically and in terms of Concordia's mission statement that stresses tolerance of difference, and our universal function as social critics, and promoting multi-culturalism in Quebec."

"The recommendation to close down the Institute is a backlash against all diversity. It's not just women that are under fire."

Founded in 1978, and named after the prominent French writer, feminist and philosopher, the Simone De Beauvoir Institute strives "to serve the university and the larger community through research, teaching, and community participation."

McGill to privatize international students

by M-J Milloy
The McGill Daily (CUP)

Foreign students will be private students next year at McGill University if a controversial plan to raise more money is passed by the university senate next week.

The university might "keep the tuition fees which are collected from the students and not remit them to the government. The government will as a result remove the funding for these students, but the net result should be in McGill's favour," wrote Phyllis Heaphy, McGill's vice-principal in charge of finance in a memo outlining potential budget plans.

Heaphy estimates that privatizing international students could net McGill over \$3 million next year.

The memo indicates the university is currently discussing the idea with the Ministry of Education, which refused to comment.

Currently, Quebec universities send all money they receive from international students to the provincial government, which then divides the money between the schools. Since McGill has the largest number of international students, it donates much more than it receives.

Although the plan does not say whether international students would end up paying more, McGill may be able to charge them whatever it liked if the university pulled them out of the public system.

Student leaders were quick to question McGill's plan, fearing a further erosion of accessibility, and one suggesting that McGill simply

does not have the mandate for such radical action.

This is another brick in the road of privatization, according to Anna Kruzynski, a student executive at the post-graduate student society.

"Many members of the community are feeling betrayed by the current administration's consistent attempts to remove McGill from public funding," said Kruzynski.

"This is not the kind of principled position we feel a university administration should be taking," she said.

Although the proposal remains just that, this latest trial balloon has many student leaders, including the Canadian Federation of Students Quebec component, spooked after a year of radical change in how universities are funded in Quebec.

"We are not sure what this means... it could be that the administration and the province are signing deals, for which neither have mandates, to remove students from public funding," said Erin Runions, the provincial chair for the CFS.

Runions, along with other McGill students, is planning to protest against the memo at the next meeting of the Senate.

But they'll have a tough sell. Heaphy's memo does not leave much of McGill's dire financial straits to the imagination.

She estimates that McGill will get almost \$20 million dollars less from Quebec City than it did last year, representing a cut of almost 15 per cent.

Those numbers leave McGill in the hole for over \$6 mil-

lion, and contribute to McGill's current total debt of just over \$60 million -- the largest per student debt of any university in the Western world.

On top of the plan to privatize international students, Heaphy is also proposing that the university charge each student a new administrative fee of \$265, increase the fees for already private programs, and charge post-graduate student more for some programs.

Privately, some student leaders are worried that McGill's fiscal situation, along with the government's plan to loosen regulations on tuition fee levels, could lead to McGill pulling all students out of public funding -- creating Canada's first fully private university.

If so, that might galvanize the province's student politicians into common action, instead of the many small and uncoordinated battles that each are fighting against the province's changes to education funding.

Chantal da Silva, McGill's undergraduate student representative for external affairs and provincial director of the Canadian Alliance of Student Associations, is currently looking into a lawsuit against the provincial government over their plans to charge out of province students more than Quebec ones.

Meanwhile, after last fall's series of strikes and occupations, the leaders of the provinces' CEGEP students have quietly focussed their attention on funding levels.

The province's largest student group, the FEUQ, having declared victory last fall after the government announced differential tuition, is working with the province's faculty unions to protect job security.

A Summer Course at
McGill University
Montreal, Canada

Why Not!

We welcome visiting students

Increase your options
Lighten your course load
Enrich your program
Experience Montreal

It's all here for you!

McGill Summer Studies offers a full range of university-level courses.

Registration opens:
February 28, 1997

McGill Summer Studies
550 Sherbrooke Street West
Suite 585, West Tower
Montreal, Quebec H3A 1B9
Phone: (514) 398-5212
Fax: (514) 398-5224
E-mail: Summer@550Sherb.Lan.McGill.Ca

McGill Summer Studies



Please send me
1997 Summer Studies
and information
on summer
accommodation in
McGill University
Residences

NAME _____
ADDRESS _____
CITY _____ PROVINCE/STATE _____
POSTAL/ZIP CODE _____ PHONE _____
UNIVERSITY/COLLEGE _____

MEASURABLE RESULTS

If you want to add practical learning to your university studies for more employable skills, consider the **Applied Measurement Sciences program** at Sir Sandford Fleming College in Peterborough. This two-semester program prepares students to become metrologists, experts in measurement.

Who hires people in measurement sciences? Companies and organizations that strive for high standards of quality and thrive in the global economy, such as:

- Hewlett Packard • Rolls Royce
- Fluke Electronics • General Motors
- Ontario Hydro • Litton Systems
- and the National Research Council.

With manufacturers around the world adopting the quality standards of the International

Standards Organization (ISO 9000 series), graduates with skills in Applied Measurement Sciences will continue to enjoy rewarding career opportunities.

To find out more, contact

Noel Briones, Program Coordinator, at
(705) 749-5530, ext. 1222.

Or e-mail: nbriones@flemingC.on.ca

Study at Fleming,
Ontario's Community College
in the Kawarthas.

30
YEARS
OF
EXCELLENCE

FLEMING
SIR SANDFORD FLEMING COLLEGE

Senators Rebuke ACAPLAN

by Norman Shields

Staff Writer

The format for LU's new two-faculty academic structure was hammered-out at last thursday's Senate meeting. In a heated atmosphere, Senators rejected three separate recommendations from ACAPLAN that would have placed Social Work, Orthophonie and Sciences de l'education (Teacher Education) in the Arts and Professions [sic] faculty, contrary to their expressed choice.

The issue of choice was central to the debate - a marathon five-hour affair that required a motion to suspend Senate by-laws in order to continue the proceedings past six o'clock. At the meeting of Senate on December 12, the motion to approve a two-faculty structure was adopted on the understanding that "academic units" could choose which of the two faculties they wished to belong to.

But ACAPLAN rejected the decisions of Social Work, Orthophonie and Teacher Education to belong to the Science and Professions faculty. The choices of all the other units were approved by the academic restructuring committee.

The first motion, to adopt the unit choices that ACAPLAN approved of, required three hours of debate before being adopted as Senators sought clarification of the meaning of "choice".

Dr. Simpson suggested that ACAPLAN's actions conflicted with "the spirit of the December 12 motion", and suggested that it was "unfortunate that ACAPLAN didn't spell out what it meant by choice."

Dr. Shandro from Political Science wondered if units ever did have a choice. "Did we have the right to choose? Or did we choose correctly?", he asked of ACAPLAN's role in the process, and referring specifically to the committee's approval of the Political Science department's choice of the Arts and Professions. Dr. Shandro did concede that unfettered choice was unreasonable, but felt that rejecting the choice of an academic unit should have been done with "overwhelming reasons" only.

Dr. Demore objected to ACAPLAN's position that Teacher Education would somehow be improved by its affiliation with the Arts and Professions [sic] faculty.

The Dean of Science, Dr. Keays, approved of ACAPLAN's recommendations, and was adamant that he did not want Social Work and Teacher Education in his faculty. He maintained that these choices made

"zero sense" and said that if the units' choices were adopted, it would be equivalent to a "forced marriage". He further accused some Senators, those in opposition to him, of playing "stupid games".

Dr. Allaire, the head of ACAPLAN, said that there had been no indication that ACAPLAN's role in restructuring had been negated at the December 12 meeting. Dr. Paul echoed this position saying that ACAPLAN had no power to decide, but was to make its recommendations to Senate based on the choices of the academic units. He pointed out that these types of decisions ultimately rested with Senate.

In the absence of clarification of the intended meaning of "choice", Senators were instructed by the Speaker of Senate to vote according to their original individual interpretations of the word from December 12. The first motion, to adopt the choices of units to which ACAPLAN concurred, passed by a narrow margin of 23-17.

The second motion, to assign Teacher Education to the Arts, passed by a similar margin, whereupon a number of Senators left the meeting. It was not clear whether this was an act of protest or simply a recognition that subsequent motions would receive the same result.

Although all the motions

related to restructuring were done by secret ballot, it was clear that those who objected to ACAPLAN's rejection of some choices did not leave the meeting. The third motion, to place Social Work in the Arts faculty, contrary to its preference, was soundly defeated 21-6 by a much thinner group of Senators.

Orthophonie won the last battle, defeating the motion to place it in the Arts by a count of 23-3. Said Dr. Mount of Orthophonie, "All other Universities put [Orthophonie] with the Health Sciences." To the dismay of ACAPLAN, so will LU.

With the defeat of ACAPLAN's separate recommendations, the units involved will be situated according to their original recommendations to ACAPLAN, that is, to the Science and Professions faculty. The Arts and Professions

faculty now becomes somewhat of a misnomer because it is comprised of only one Professional School, that of Translators and Interpreters.

In an interesting twist, the traditional members of the Science faculty, barring adjustments, will now be out-voted at Senate by the Pro Schools with whom they've been merged.

The motions still have a major obstacle to overcome in March. Changes to Senate By-Laws, a requirement attached to academic restructuring, must pass with 50%+1 of the total Senate, which equates to thirty-two votes. With more than half a dozen vacant positions on the Senate, and dissent in the Science faculty, the vote promises to be close.

LU's Coalition for Social Justice Supports "Days of Action"

by Norman Shields,
Staff Writer

The Laurentian University Coalition for Social Justice, in conjunction with representatives of the Sudbury "Celebration of Resistance" held a press conference here on Wednesday February 11, 1997, to announce its support of, and participation in, the "Days of Action" scheduled for March 21 and 22 in Sudbury.

The stated purpose of the press conference was to give "various groups on campus [the chance to] voice their opinion on how and why they're affected by [the provincial government's] cuts." Speaking on behalf of the LU community were Mike Grube, President of the SGA/AGE, Marko Roy, President of the AEF, and representatives of the LU Women's Centre, Daycare, Native Students Association and LUAPSA.

Bobbi Casinette, Co-Chair of the Celebration of Resistance steering committee, drew attention to the historic role of students in "protesting injustice and oppression," evoking the memory of students at Tianamen Square and Viet Nam protests.

"Mr. Harris is creating a new Ontario, where only the [finest] can survive," she said. "Together we will send him a message that in Northern Ontario, that's not how it's done. We are not asking him to give us some of his money, we are telling him how to spend ours."

Casinette added that "We want our money spent treating our sick, protecting our vulnerable, feeding our hungry, employing our people and educating our citizens."

In their Media Statement, the LUCSJ stated that "the proposed 10%-20% tuition fee increases that were recently announced by the provincial government" is of special importance to students. A supplement to the statement, citing LU's Treasurer, indicated that LU's students have seen their tuition "increased by more than 50% since the early 1990s."

The statement indicated that the Coalition is "also opposed to the broader agenda of the Harris government which puts private profit and reducing the deficit ahead of meeting the very real needs of people in this society."

At thursday's LU Senate meeting, Mr. Tesson announced that earlier reports to Dr. Paul that suggested tuition hikes on par with last year could be expected, proved to be false. Instead, universities are authorized a discretionary 10% increase with the condition that 30% of increased revenue from this source be diverted to bursaries. Mr. Tesson indicated that LU's administrators have yet to decide whether or not to take advantage of the available hikes.

Details of the Days of Action activities may be obtained from members of the LUCSJ.

Candidates Make their Pitch

by Norman Shields
Staff Writer

Candidates in this year's SGA Board elections gave their candidacy speeches this past Friday and Monday. The following is a summary of their election platforms derived from their Friday speeches, and in the case of Chad Carreira's speech on Monday.

The debate opened with the speeches of the Cultural Affairs candidates.

Solomon Colim: Said that he played an instrumental role in the development of the position. Make Laurentian one of the most comprehensive universities in Canada in terms of its cultural entertainment. He said that this could be accomplished by working with the SGA, with the various cultural clubs on campus and in the community, and by working "very, very closely with the administration." Cindy Henriques: Will focus on representing the diverse cultures at LU. She listed her on-campus experience, which included working on the external, cultural and constitutional committees.

Off-campus, she has volunteered for several international development organizations.

Chad Carreira: Felt that his life experience in Toronto, which he described as a cultural "melting-pot", would serve him well in the position of Director of Cultural Affairs.

Following the Cultural Affairs candidates, it was the VP of Services candidates' turn.

Christina "O.J." Hayden: She said that her enthusiasm, out-going personality and approachability made her the most suitable candidate for the job. She describes herself as a "hard-working, goal-oriented" individual. She said that although only one person will be elected, she considers the position to belong to all SGA members, and said that given the prominence of fiscal responsibility, she would be accountable for "every penny" she spends.

Cathy Murphy: Has served on the SGA Board for two years, and is one of the SGA's representatives at Senate this year. She says she will continue with the traditional SGA activities and create some new ones. She emphasizes that her door "will always be open to new ideas."

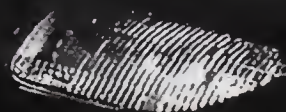
Jason "Mad Dog" Sweeney: Said he served on the SGA Board for the last couple of years, and has worked at the Pub Downunder, which he con-

siders to be one of the central services provided by the SGA. He said he would like to expand Services to work in conjunction with the wider Sudbury community and the Cambrian community.

The candidates for President, Mr. Bell and the incumbent, Mr. Grube closed the debate.

Andrew Bell: He said that above all, he is a student, and intends to work on behalf of students, not of an indifferent bureaucracy. He indicated that he did not intend to be complacent in the face of diminishing services and rising tuition fees, and hoped to address divisions that seem to have developed in the Laurentian community. Mike Grube: Listed some of the accomplishments of the SGA Board over the past year, which he oversaw as the President. He alluded to the free Legal Aid service for students that was implemented this year, but felt that the recent agreement that he co-signed with the NSA was indicative of the type of leadership he can provide. In light of the many changes at Laurentian over the past year, he felt that the SGA membership would be best served by a President who is already intimately familiar with the inner workings of the University.

ANOTHER REWARD OF HIGHER EDUCATION.



Get \$750 towards the purchase or lease of any new GM vehicle.

THE \$750 GM GRAD PROGRAM. FOR DETAILS CALL 1-800-GM-DRIVE.



Last Chance U Forever?

by Sarah MacDonald
Contributor

I was recently glancing through the infamous Macleans University issue, and I couldn't help but notice that Laurentian consistently rounded out the tail end of every category. This does not say much for our fine academic institution. Now I must admit that I myself have taken advantage of some of the policies that have earned this school the nickname, Last Chance U, but I really do believe that this is a quality institution where we receive a quality education. The problem of Laurentian's soiled reputation stems from administrative blunders. If we are to be competitive with other universities and boost enrollment by improving our reputation, a great deal of change must take place.

Let's start with the gift shop, more commonly known as the Bookstore. Maybe I've been mislead, but I thought that university bookstores stocked the required textbooks only has some of the required texts, and you'd better camp out overnight because there are only enough for half of the class. Do they figure that they can cut costs this way because students don't actually do their readings? Please, give us some credit. I highly doubt that students at U of T or Western have to spend three weeks convincing bookstore staff that a certain book really is part of the curriculum and should be ordered before final exams! While everybody loves a pair of pajama pants, the bookstore has more important responsibilities. This sort of incompetence does not inspire students to entrust Laurentian University with their education and their futures.

How many times have you tried to do research only to find that the library is closed? It's practically a joke. How is it possible that the main facility for a scholarly establishment is so often not even available for the students to take advantage of? Let's face reality, many people only have time to do school work on nights and weekends and if it's Saturday or Sunday evening, you're up that nasty creek without a paddle! so you've done some tricky rescheduling and you get to the library and, lo and behold, it's open, now you encounter the fantastic staff. The problem is, no matter how great the staff is, they can't help you find material that they don't have. All too frequently students discover the perfect article for their assignment only to realize that they would have to go to McGill or York to get it. We can't possibly undertake a comprehensive let alone adequate research projects with no reach material. Ultimately it is we the students who are getting cheated. Without more funding to bring our library up to par, the only students who are getting cheated. Without more funding to bring our library up to par, the only students who will want to come here are the ones who are just humoring their parents and don't really give a damn about their education.

The biggest hurdle facing this school is budget cuts. This is obviously an economically challenging time for universities everywhere but that does not mean that the level of education and services can be sacrificed. The cuts to programs, professors, teaching assistants, and more reduces the learning potential for everyone. Programs like WAC, the language centre, and library workshops are exactly the kind of thing that administration should continually be expanding upon and promoting. Why don't we have more learning and educational resources and facilities available? If we had more guest lecturers, extensive co-op programs, labs outfitted with the latest equipment, and research and development grants to become leaders in cutting edge technology and innovative approaches to learning, Laurentian would be considered a hot ticket. These are the things that will prove our dedication to education and learning, enhance our reputation, get enrollment up, and bring more money in.

The way I see it, administration should accept a few dim-witted rich kids and sell them good grades and an official degree. We'll call it a fund raising project, then put all the money towards upgrading Laurentian's facilities. Once our school has more to offer than other universities, we'll finally get the credit and recognition that we deserve. When that happens enrollment will skyrocket, this place will become a profit machine and we can afford to leave Last Chance U. to Carleton. Let's just not tell the dim-witted rich kids about the frequently ineffectual security, nursery school style residence, or the cracker jack staff in health services—that's a whole other can of worms.

Laurentian set to host protest

by Todd Bosak
Staff Writer

During the month of March, Laurentian students will be involved in taking a stand against tuition hikes and service cuts by the Provincial government. On March 21 and 22, a 'celebration of resistance' will bring together many of the groups across Sudbury that feel that the Mike Harris Tory government has negatively impacted on their lives. The Celebration of Resistance will be similar to the "Days of Action" protests that have taken place in five Southern Ontario cities over the past year. The Sudbury protest will differ somewhat from the other protests in that it will focus on local issues as well as provincial ones. It is quite possible that much of the anger demonstrated during these two days will be aimed at the closing of two hospitals in the city of Sudbury.

The purpose is in part to educate people about the effect of government policies on all segments of society. Over the past couple of years, the Laurentian community has suffered service cuts and tuition increases of a completely unprecedented nature. The vast majority of the responsibility for these service cuts and tuition increases rests on the shoulders of the provincial government.

Joining Laurentian students in protesting will be many diverse

groups from Sudbury, and from across the province. At its January meeting, the Canadian Federation of Students of Ontario decided that it would support the Sudbury protest. In deciding this, the CFS-O committed to sending students from other schools to the March 21-22 protest. At the local level, the vast majority of Sudbury's trade unions and community development organizations have committed to protesting as well. Such unions as the Canadian Union of Public Employees, the Ontario Public Service Employees Union as well as other have committed. One of the strongest groups to come forward and join the movement are the various teachers federations from the area.

Many organizations that could traditionally be described as community development organizations are coming forward to participate in the two day celebration. These organizations include groups representing seniors, people concerned with affordable daycare as well as anti-poverty organizations. There has been a concerted effort to involve Aboriginal people in this protest. It has been stated that if anyone has the right to celebrate a proud history of resistance it is Canada's aboriginal people, who have been doing it for over 300 years.

The protest will kick off during the week beginning March 17th with educational events. Friday March 21 will see organizations protest in ways that deal with the issues that affect them. At the University, member of the Coalition for Social

Justice will be involved in picketing and handing leaflets out to educate people about the effects of education funding cuts. Laurentian students and faculty will be asked to join later in the day with students from across Sudbury, and across Ontario, as well as with teachers and other concerned with education at 4 pm at civic square to join in a rally in defense of education. This rally will be followed by an evening of entertainment across Sudbury to celebrate the community's resistance to the conservative agenda.

Saturday March 22 will be highlighted by a march through downtown Sudbury, which will culminate in a rally featuring entertainment and speeches. It is hoped that this rally will be the largest that the city of Sudbury has ever seen. The largest gatherings that Sudbury has seen until this point were the 1996 Labour Day rally at Queen's athletic field and the 1995 protest outside of the Four Points Hotel on Regent St. during a dinner attended by Mike Harris. Both of these gatherings were attended by approximately 2000 people. Student organizers feel that it is essential that students and faculty from Laurentian participate in this action to show that students cannot be pushed around. It is hoped that if mass opposition is demonstrated towards those who seek to make education less accessible, it will make future governments leery about attacking education rights. For more information on participation in the Celebration of resistance, call Todd at 669-1567.

The "Safe Place"

by Warren Miller
Contributor

Many people may have noticed the odd shaped building at the very end of Manitou Road, (beside Thorneloe College). Every Sunday night this snow covered spike, houses a community of people who seem to have something just a bit different in their spiritual life.

No they don't participate in blood sacrifices. The service they hold is very much structured in the Anglican tradition with a few changes and alterations. For example, you won't often find a priest in flowing white robes preaching sermons between organ music. The minister, Geoff Woodcroft, comes to Chapel in casual clothing and accompanies the songs with guitar

music. Occasionally he will take requests. Instead of sermons, this community has discussions over questions that deal with matters of spirituality and community. The subject matter of these talks has ranged from the nature of love in people's lives to Hitler and Jeffrey Dahmer.

The members of Thorneloe Chapel are just as friendly before and after the service as they are during. They encourage everyone to just relax and be themselves. A similar attitude is shown in an event you may be more familiar with, the Thorneloe Coffeehouse. This attitude is partly a result of the Thorneloe Chapel community who help make this event a success.

Often, the members of this community will describe the Chapel

as a "safe place". It's that and more. In a world where people bicker, fight and climb over each other for money and power, this community encourages getting along, patience and understanding. No, the chapel is not a bomb shelter from the harsh realities of life. "Safe place" refers to a location where people can escape all the crap, clear their minds and find their own sense of spiritual truth and purpose. Those people who have attend the Chapel's gatherings find they leave with some good ideas and or a renewed source of strength to use in their own lives. At the very least people find the Chapel's Sunday night meetings a refreshing experience.

Services begin promptly at 7:00 p.m. but latecomers are always welcome.

Lambda Staff

Copy Deadline: Fridays at 4:30 pm
Editorial Meetings: Fri. at 1:30 pm
General Meetings: Fri. at 2:00 pm

Editor-in-Chief: Dominic Vidmar
Financial Director: Ana Beites

Editorial
Assistant Editor: Lisa Urso
Acting News Editor: Kim Dal Bianco
Asst News Editor: open
Sports Editor: Remi Gunn
Asst Sports Editor: open
Entertainment Ed: Tara D'Angelo
Asst Ent. Editor: Mat Thompson
Photo Editor: Andie Baptista
Asst Photo Editor: open
Rédact. Français(e): ouvert

Asst Rédac. Franc: ouvert
Features Editor: Jason Bingham
Asst Features Editor: open

Administrative
Marketing Director: D'arcy McDonald
Office Manager: Natalie Landry
Production Directors: Carine Schlup
Typesetters: open
Circulation Director: Eric Boucher

Support Staff (non-voting)
Monique Roy, Steve Martinovich, Jason Masciangelo, Alex McGregor, Kevin Perrault, François Marier, April Whitehead, Shannon Melis, Norman Shields, Amiable Librarian, Christa Haines,

Honsing Leung, Steve Proceviat, Mike LeBlanc, Chad Carreira.

Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Students' General Association, yet remains autonomous from all University organizations, both student and administrative.

SCE 301 Student Centre
Laurentian University
Sudbury, Ontario, P3E 2C6
(705) 673-6548
(705) 675-4849 (Fax)

Circulation

Lambda circulates 3,300 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments: Vesta Pasta Cafe, Black Cat, The Towne House, East Side Marios, This Ain't The Only Café, Ralph's, Subway (Lasalle), Sudbury bus terminal, Don Cherry's.

Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length.

The Amiable Librarian

This column is based on questions or suggestions received by staff members of the Desmarais Library either personally or on the "Compliments/ Questions/ Suggestions" form may be filled out near the exit of the library.

Question: The database systems here are totally useless. The information is extremely limited and the time allowed on the computer is way too short. I have better success looking on the 'net and everyone knows that the net is full of garbage.

Reply: It sounds as though you're extremely frustrated. If you would like some tips on how to search library databases effectively, come on in and ask for the Amiable Librarian. You should be able to search these databases very effectively in 10 minutes—and the library allows you half an hour. By the way, the Amiable Librarian agrees with you about the 'net as a source of information. The 'net has largely turned into an enormous vanity press which allows users to put anything they like on it. You may have noticed that increasingly businesses are putting on interesting information as a come-on to purchase more. The major exception is government information which appears on the 'net because it's cheaper than print.

Question: Why don't you get people to shut up!! This is a library, not a social hall.

Reply: Signs, patrols, pleas of from the likes of you. What else can be done to achieve quiet in the building?

Question: The noise in the library is ridiculous! This is not a cafeteria. get rid of the six-person desks on the third floor. They promote talking. This is a library. People want to

study here. If group work is necessary, get a room.

Reply: The Amiable Librarian is concerned that increasingly, students are complaining about noise. The library has adopted your suggestion about breaking up the tables on the third floor and it wishes everyone else would adopt your suggestion about applying for group study rooms at the Circulation Desk if talking in groups is part of the plans for a library visit. If all this racket keeps up, the Amiable Librarian may have to get mean and throw offenders out of the building for a while. It has been done before.

Question: Why is it so hard to find good research for English majors, but there is an overflow of Engineering and Mining periodicals?

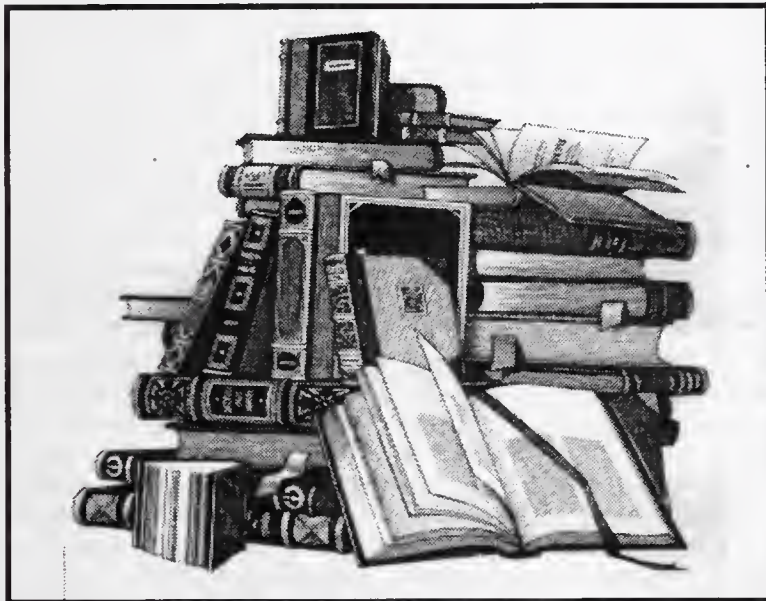
Reply: It is not generally the Amiable Librarian's impression that those doing research in English are handicapped in comparison to those doing research in the science subjects you mention. It is possible that you may need help and the Amiable suggests,

that you consider asking our friendly reference staff for assistance.

It is also possible, of course that you are right and the collection needs to be beefed up in certain areas. Just now, individual librarians work with each of the four faculties to build the collection. If you have specific suggestions for purchase, kindly contact: Ashley Thompson for the Humanities, Eileen Goltz for the Social Sciences (English) or in French Sylvie Lafortune; Lionel Bonin for the Professional Schools, and finally, Joyce Garnett for Science and Engineering.

Question: Will the library be closed over the Easter weekend?

Reply: Just now, staff does not know. If the place closed, money would be freed up to extend hours during exam time. In making the final decision, the Director will be consulting the student representatives on the Senate Library Committee as well as receiving input from anyone who wishes on the Compliments/ Questions/ Suggestions forms near the exit.



Get In The Ring

by Bryson McCarthy
Staff Writer

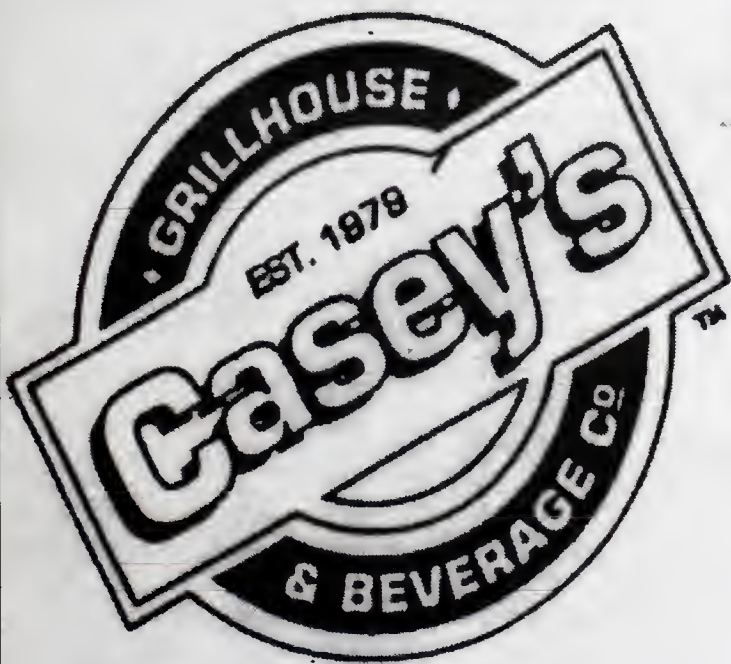
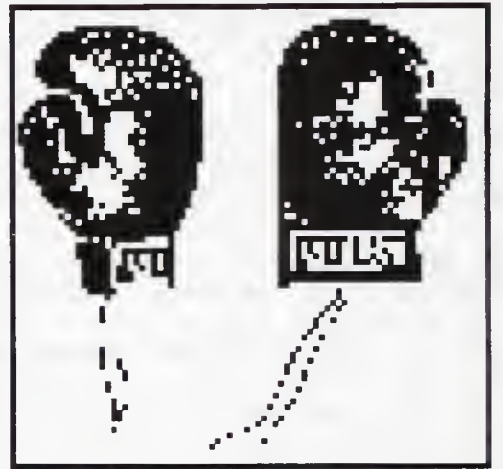
As I walk the hallways of this fine school all I can see now is a bunch of annoying, colorful posters stuck to every single inch of wall and window for miles and miles. Sure, I know that the elections are coming up and all the candidates need to advertise themselves as the best person for the position they are running for, but do we need all this litter?

First things first. These posters are not on the walls very securely. I have noticed people walking with a Vote For... poster stuck to the bottom of their shoes. These posters within the next few weeks are just going to become more work for the custodial staff to pick up. Sure, they are a good idea at first, but I hope you think twice when the school bills you for the removal of your posters from the ground and floors around campus. And if you are not billed, you damn well should be! Why should someone else have to pick up posters that you stuck up every two feet throughout Laurentian.

And why so many posters? I don't need to see goofy pictures of someone who wants to represent me over fifty times in the Bowling Alley. Maybe next year the school should consider not letting this many poster be put up. An alternative would be to place bulletin boards around the school with designated areas on the bulletin boards for each candidate. One in the Bowling Alley, Great Hall, Residences, and other buildings that have been littered this year with posters. With this, people who are going to vote can stop and check out the posters on the board, and for those who don't care and don't want to vote don't have to be swamped with hallways full of eyesores.

Now, I am not trying to convince people to ignore what the candidates have to say. The school elections are important and all students should get involved and vote. I just don't want to look out a window to see what the weather is like and have to try to look around a bunch of pink, yellow, and blue posters that are the same as the posters I just passed 30 seconds earlier. To me, this inundation of posters is ugly and makes our school look awful! The Bowling Alley looks like a box of Lucky Charms exploded all over the walls, windows, and floors. These candidates that are so adamant about doing the right thing for the school should maybe consider the environment and if we really need top ten lists on why one candidate is better than another.

I hope someone in charge of the elections for next year reads this article and takes my recommendations seriously. Just look down the hallways of the school and think to yourself: Do you really want to see all these pieces of paper stuck to and falling from the walls? Do we really need this many posters for just a handful of candidates? Who is going to pay for the clean-up of all this paper? Designated areas and limited amounts of posters will be better for the school in the long run.



**CEDAR POINTE MALL
1984 REGENT ST.
TEL: 522-6284**

**Tuesday & Thursday AFTER 8PM
35 cent WINGS**

**Wednesday after 8pm
Buy 60oz pitcher
GET A FREE PIZZA**

**Sunday beginning March 9th
LIVE ENTERTAINMENT FEATURING:
WHISKEY RIVER BAND**

The Vegetarian Choice

by Phillip Hadley
Staff Writer

People choose a vegetarian diet for many reasons; religious, ethical, health and ecological tend to be the most popular. Whatever the reasons of the individual to opt for a vegetarian diet, it is just that, a choice. However, if you do not know what constitutes a vegetarian diet and why people choose such a menu of foods, then how can you choose for yourself a vegetarian diet? Herein lies the basis and motive of this feature on vegetarianism.

The first to rule is that not all vegetarians are alike. As with any other group of people who share something in common, there are divisions, and vegetarianism is no different. All vegetarians abstain from poultry, seafood and red meat. Often these three are referred to with no distinction by vegetarians as meat, as will be done in this feature unless pointed out otherwise. The divisions in vegetarianism are in what some will eat and others will not eat. A lacto-ovo vegetarian will consume dairy (lacto) products and eggs (ovo). If you choose not to consume eggs but will eat dairy products then you are a lacto-vegetarian. Finally, if you abstain from all animal-derived food products completely, such as honey and gelatin, then you are a vegan. Vegans also do not wear animal products such as leather and wool.

Hopefully this will shine a bit of light upon vegetarianism and has at least given you a taste of another choice. Whether or not you decide to change your diet towards that of a vegetarian, at least soon you will have a wee bit more information on which to base a choice.

Most of us eat/ate meat because we were raised eating meat on a daily basis since before we can remember, there was no choice to be decided. If you had to choose whether or not to eat meat by the Ben Franklin method - writing down the cons and pros of each alternative - which would you choose? In the pros of meat, other than 'tastes good' what would you have?

Lastly, something to think about no matter what your diet: from the Greek essayist Plutarch, "Can you really ask what reason Pythagoras had for abstaining from flesh? For my part I rather wonder both by what state of mind and soul the first man did so, touched his mouth to gore and brought his lips to the flesh of a dead body." By the way, Benjamin Franklin was a vegetarian.

Vegetarian Myths Versus Reality

Over the years, a number of myths have surrounded vegetarian diets and those who adopt them. Most of these are misconceptions. What are some of these vegetarian myths and what is the reality? Let's see:

Myth #1

All vegetarians are animal-rights activists. Research shows that most people adopt a vegetarian diet for the health benefits. The second most cited reason is animal rights. Even the people who mentioned animal rights say that health is the number one reason they follow a vegetarian diet.

Myth #2.

Vegetarians don't get enough protein. There was a time when nutritionists and dietitians even said this - but no longer. Now, we know that vegetarians get plenty of protein. What they don't get is the excessive amount of protein found in the typical modern diet. If you eat a variety of fruits, vegetables, grains, and legumes, then getting enough protein is not an issue.

Myth #3.

Vegetarians don't get enough calcium. This myth is applied, in particular, to vegans - vegetarians who have eliminated meat and milk products from their diets. Somehow, the notion got started that the only good source of calcium is milk and cheese. Granted, milk does have a good supply of calcium, but so do many vegetables - especially green, leafy

veggies. The truth is, vegetarians suffer less from osteoporosis (a deficiency of calcium that leads to weak bones) because the body assimilates the calcium they eat more easily during digestion.

Myth #4.

Vegetarian diets aren't balanced, so vegetarians are risking their health for their principles. First of all, a vegetarian diet isn't out of balance. It has a good proportion of complex carbohydrates, protein, and fat - the three macro nutrients that are the cornerstone of any diet. Plus, vegetarian food sources (plants) tend to be higher sources of most of micro nutrients. Another way to look at it is this: The average meat eater consumes one or fewer servings of vegetables a day and no servings of fruit. If a meat eater does eat a vegetable, chances are it's a fried potato. "Out of balance" depends on your perspective.

Myth #5

A vegetarian diet is all right for an adult, but kids need meat to develop properly. This somehow makes the assumption that protein from plants isn't as good as protein from meat. The truth is, protein is protein. It is all made from amino acids. Children need 10 essential amino acids to grow and develop properly. These amino acids are as readily available in plants as they are in meat.

Awareness of the Environment

by Phillip Hadley
Staff Writer

The past twenty-five years has been a time when many people have become very concerned over our treatment of the environment. This concern is widely evident and is growing each day as people realize that they are not separate from the environment but rather part of it, an integral part. Therefore, when we harm the environment, we harm ourselves. Others, though encouraging their behaviour towards responsibility, see this as a form of narcissism, it hurts me so I should not do it rather than, it hurts the environment therefore I should not do it. This is an important distinction, one which I believe will become to be heard more and more as the environmental conscious lifestyle movement transgresses certain stages.

Today our environment includes nearly six billion people and growing. How can we feed the world's future hungry when we don't even do it now? The first step should be to utilize farm land properly. A steer provides only 43 pounds of protein per acre, while grain provides 269 pounds of protein per acre. The United States Department of Agriculture (USDA) has reported that to get one pound of grain, we have to feed that steer 16 pounds! Which is the more efficient use of land? It's not as if we can create more land on this Earth. We can create new farming land though, which is done on every continent to the detriment of wildlife habitat, tropical rain forests, jungles, and eventually through many sources, man. Once we have destroyed these lands we continue to pollute and destroy through animal waste run-off which can leak into drinking water. These herds also release huge amounts of methane which is argued to contribute to the depletion of our ozone layer. The USDA also reports that in the United States 90% of grain grown is used for the feeding of all livestock, not feeding people.

The land that is cleared of its natural defenses, tropical and semi-tropical forests is now open to invasion from desertification, mud slides,



flooding and the prevailing winds. The soil after a short time becomes useless for grazing and more forest is leveled, thus continuing the cycle.

If many of these countries had the money to purchase our food, they would not need to subsist on their own crops. However, these countries, primarily third world, do not have the necessary funds to purchase our grain and related foods. We certainly have the food, the United States destroy millions of kilograms of food yearly in part to keep the price of food high. We could send the excess food to countries that have hungry people to feed, like here in our backyard, but that would mean increasing supply and decreasing the price farmers could obtain for their stocks. While trying to avoid the depth of this argument, if we would lower tariffs on many foreign import products so that consumers in Canada and the United States would consider purchase, thus stimulating their economy, we could lessen their need to grow their own food. Thus, they would not need to lay waste to millions of hectares of land for cultivation which as I have already explained, is not for the long-term benefit of anyone.

The more you mend your ways to that of being environmentally friendly, the more you realize that consuming meat is not so kind to the environment. Nor I will argue are insecticides and pesticides which are found on so many farms that have no

herds of animals. Thus we have seen recently the large consumer demand for environmentally friendly vegetable products grown organically. Simply cutting out meat is only one of many steps to being kind to your environment, not the last step.

The Earth is our home. Distinctively, this is the place where we inhabit, it is not solely nor in possession *our* home. This great ball of mud is home to many species. Yet we as a majority continue to view this land as ours to do what we like with and we demonstrate this every day in action and words. It is a great piece of wisdom known in many cultures that we are only a small part of a vast and complex organism. The marvels of life and functions on this planet are beyond all measures of comprehension, yet we continue as a majority on our destructive ways with no abandon and complete narcissism.

Below is shown the U.S. government Surplus Food Stockpile for the year 1983.

1.8 billion lb. of dried milk
1.1 billion lb. of cheese
715 million lb. of butter
431 million bushels of corn
33 million lb. of honey
18 million bushels of wheat
1 million tons of rice

Beef: Pure Bull

by David Siegal
contributor

In the '50s, my mother smoked cigarettes. She fed me pork roast, meat loaf, and sent me to school with bologna and cheese sandwiches. Most of my friends' moms did the same things. Why didn't she put cigarettes in with my lunch? It sounds like a stupid question now, but back then people didn't make the health connection. Many studies showing cigarettes as unharmed were financed

by certain multinational companies based in Virginia. This worked until the '70s, but then the evidence was so overwhelming, it became a big issue. The tobacco companies prepared for war. Now, 40 years later, the tobacco companies have lost many battles, but they have won the war, mostly because there is an ever-growing new generation of young people to get hooked on cigarettes. Worldwide, human beings now smoke two trillion cigarettes a year. That's one cigarette a day for every man, woman, and child on the planet.

Tobacco companies no longer fund studies to show there is no link between smoking and lung

cancer. They don't have to. They have gone on to the next level. Nowadays, they win the war with images: by reinforcing smoking as a cool thing to do and getting kids addicted early. They see the cancer connection as a public relations problem. Now, the Beef Board and the Dairy Council are learning from the past tribulations of their friends at the tobacco groups.

My mother wouldn't have let me smoke, but she didn't know that eating red meat raises your risk of getting cancer almost as much as smoking cigarettes. I claim that the red meat situation today is exactly

Continued on page 7

Why Everyone Should Become a Vegetarian

One million Americans per year - 20,000 a week - are becoming vegetarians. There are over 12 million vegetarians in the US alone.

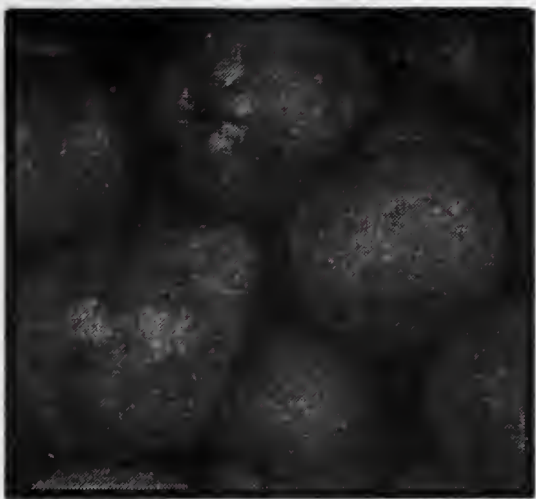
There are many surprising health benefits to being vegetarian that many people are not aware of. For example, meat packers are not required to test for salmonella by the USDA. Foodborne illness related to meat and poultry cost Americans \$4,000,000,000 a year in medical expenses and lost wages.

Also an animal at the top of the food chain eats all of the toxic substances found in their prey and their prey's prey and so on. Nearly all of these toxic substances are related to the excessive use of pesticides, and insecticides and petrochemical fertilizers used on croplands. The environmental defense fund estimates that the average American has 1.5 grams of DDT in their body.

Some people become vegetarian for environmental reasons. According to Michael Klaper, MD., an author and scientific director for the EarthSave Foundation, while writing in Earthwatch, states "The price tag on supermarket chuck steak does not include the loss of irreplaceable top soil; yet future generations will pay dearly."

Future generations will also pay for the overfishing being done in our oceans. Overfishing causes the needless deaths of over 200 thousand marine mammals and birds caught in nets each year. Many species of fish are becoming extinct.

Agricultural engineers have



compared the energy of producing pork, poultry and other meats to the cost of producing various plant foods. They discovered that the least efficient plant food was 10 times as efficient as the most efficient animal food. It takes one gallon of gasoline to produce one pound of grain-fed beef. Beef production has been called a petroleum product.

There are economic reasons to become vegetarian. Only 35 years ago family farmers sold their chickens to independently owned and operated processors. Now the market is controlled by contract growers. This contract farming is causing the demise of the family farmers. In the US today only 50 large corporations control over 90% of all the poultry produced. Eight of these control half the business.

World hunger is another reason to become vegetarian. The amount of grain a cow eats in a day could feed 15 starving people. For

every pound of meat produced 15 people go hungry. What if one of those 15 people were you?

Animal rights is one more reason to become a vegetarian. Nearly five billion animals are slaughtered for food each year. Did you know that at 6 months old a calf is castrated, dehorned, ear notched, and branded? As the

cows get auctioned to feedlot, they get branded again and again until they finally end up at the slaughter houses. Did you know the cattle industry's main concern is how to cram the most animals into the smallest space?

Chickens are also treated cruelly. They are crammed into cages so tightly that they can barely move, and are driven insane. Pigs are treated the same way and often bite each other's tails and even killing each other. The factory farmers remove the pigs tails so that they can cram more pigs in the smallest space possible. When the bottom line is profit, concern about animal rights go out the window.

I became a vegetarian because I believe that you should only eat meals whose sources you are willing to think about. I am not willing to think about a cow eating grass in a pasture while I was eating steak. Are you?

Beef: Pure Bull

Continued from page 6

the same as the smoking situation was in the '50s. Not analogous. Identical. The only reason to eat beef is that you enjoy the taste. Period.

The Cancer Connection

The farming conglomerates have powerful lobbyists and promotional organizations, like the Beef and Dairy Councils. These private organizations finance the promotion of their industry, much the same as the NRA does for handguns. Remember all those beef commercials by James Garner? 'Real Food for Real People'? He tore up his contract after having double bypass surgery. In fact, colon and breast cancer, along with heart disease, reduce the average meat-eater's life span by six years compared to vegetarians. The cancer connection is well documented, but not well publicized. The meat industries have done a good job of counter-attacking.

The beef industry is just beginning to see hard evidence of the damage their products do to people and society. Just as oil barons manipulated the government and markets, the Cattlemen's Association turned people's taste for beef into the

fourth largest industry in this country. Now, a few producers dictate prices and control distribution, lobby congress, and make huge campaign contributions to the people in Washington who can help them. People like Senator James Exon. They're even more powerful than the NRA.

If beef or cigarettes killed us right away, there wouldn't be much of a market for them. These things are another way we borrow from the future to pay for the present, because we enjoy the taste.

There are now 2.2 billion cows on the planet. Half a million cows are slaughtered daily. That's one every second in the United States. Cattle production out-pollutes all other industries in the United States combined. Over 70 percent of the grain grown in the United States is fed to livestock. It takes 16 pounds of grain and 1,600 gallons of water to make one pound of beef. It takes about 1,000 gallons of water for every steak you eat. In California, it takes twice as much.

In South America, there are as many cows as people. The United States imports 40,000 tons of beef per year from Central and South America. This is a tiny amount for the United States-about a day's worth-yet it amounts to half of Central Ameri-

ca's yearly beef exports. The imported grass-fed beef gets ground up with excess fat from domestic beef and sold as patties to the fast-food chains. Some of our group members went down there and came back in shock. Their impression was that, from an environmental and health perspective, if McDonald's would just sell cigarettes rather than hamburgers, the net savings to human health and the environment would be huge. The rest of the exported beef goes to the European market. Buying hamburgers literally burns down rain-forest trees.

People get upset when a few people die from eating contaminated hamburger meat. They don't think about the death of the ecosystems and economies of Central America, not to mention 50 percent of all adult Americans die of clogged arteries in the brain or the heart.

Let me put it this way. Suppose you and I lead the same lives, environmentally, but you eat steak twice a week and I don't. I would have to leave my kitchen tap running all the way open and my car idling 24 hours a day, seven days a week, just to keep our environmental balance sheet even. And that's just the beef.

Recipes for American Dishes

Classic Black Bean Soup

Recipe By : Marilyn Diamond, American Vegetarian Cookbook, pg 207

Serving Size : 6 Preparation Time : 3:30

Categories : American Healthy And Hearty
Legumes Main Course
Soups & Stews Vegetables

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cups	black beans -- soaked overnight
12	cups	water
2	teaspoons	olive oil
1 1/2	cups	onion -- diced
2	teaspoons	garlic -- minced
1/2	cup	green onion -- diced
3/4	cup	carrot -- diced
3/4	cup	red bell pepper -- diced
2	teaspoons	ground sage
1		bay leaf
1	teaspoon	ground rock salt or salt-free seasoning
2	teaspoons	powdered vegetable broth (1 veg. bouillon)
	dash	freshly ground pepper -- to taste

Discard soaking water from beans. Beans will have swollen to much more than 1 3/4 cups, so do not remeasure the soaked beans.

In large, heavy bottomed soup pot, heat olive oil or water and onion, garlic, green onion, carrot, and red pepper. Add sage and bay leaf and saute for several minutes or until onions begin to wilt. Add soaked and drained beans and fresh water. Bring to a boil and skim off any scum that may form on the top.

Reduce cooking temperature to low, cover soup and allow to cook for 3 hours, stirring occasionally and taking care that heat is low enough so that beans do not stick.

At end of cooking time, uncover and allow soup to continue cooking as you stir in salt, if desired, powdered vegetable broth and fresh pepper to taste. Discard bay leaf. Use hand blender to puree soup to desired consistency, breaking down only about half the beans, or transfer half the soup to a blender, puree and return to soup pot. Adjust seasonings.

Hearty Split Pea Soup with Beans and Barley

Recipe By : Marilyn Diamond, American Vegetarian Cookbook, pg 206

Serving Size : 6 Preparation Time : 3:00

Categories : American Cereals/Grains
Healthy And Hearty Legumes
Main Course Soups & Stews
Vegetables

Amount	Measure	Ingredient -- Preparation Method
14	cups	water
2	cups	onions -- diced
1 1/2	cups	carrots -- diced
2	cups	celery -- diced
2/3	cup	fresh parsley -- minced
4		green onion -- thinly sliced
2	cloves	garlic -- minced
1	medium	zucchini -- quartered & sliced
1/3	cup	green split peas
1/3	cup	yellow split peas
2 1/2	tablespoons	barley
2	tablespoons	baby lima beans or other tiny white beans
3	tablespoons	ajuki beans
1	tablespoon	powdered vegetable broth
	dash	seasoned salt or any salt-free seasoning
	dash	freshly ground pepper

Bring water to a boil in a large soup pot. Add the ingredients in the order given, except for the salt and pepper, which can be added at the end of the cooking time.

Return soup to a boil, skimming off any foam or scum that comes to the surface with a large spoon. (Repeat this skimming process several times in the first half-hour of cooking, until no more scum forms.) Cover and reduce heat to medium-low.

Simmer soup for 2 1/2 hours, stirring periodically to ensure that the barley isn't sticking. At end of cooking time, adjust seasonings to taste.

Reality for the 90's

Environmental and Nutritional Facts drawn from
Diet for a New America by John Robbins
Personal Food Choices...

Global Results

Many of us are concerned about the grave social and environmental problems we face at the global level, yet few of us know what to do about them. Fortunately there is a growing awareness of solutions to these problems -- a new perspective based on understanding the interconnectedness of all things. When the unseen impacts of small, everyday decisions can be recognized, we begin to realize that both the root of our problems and the ability to solve them lie within each of us.

When we apply this perspective to the simple act of eating, we find that there are far-reaching effects to the fundamental shift among Western nations during this century from a diet based on plant foods to one based on animal foods.

For example, in 1985 North Americans were consuming half the grain and potatoes they did at the turn of the century, 33% more dairy products, 50% more beef, and 280% more poultry. This shift resulted in a diet with one-third more fat, one-fifth less carbohydrates, and levels of protein consumption far exceeding official recommendations.

The increased demand for animal products has resulted in a vast allocation of resources, has promoted the degradation of global ecosystems and has disrupted and displaced indigenous cultures worldwide. The impact on human health has been equally devastating.

Tracing these problems back to their root in our personnel dietary habits -- our demand for meat, poultry and dairy products -- we can begin to see that by changing our diets we can play an important role in helping to heal the Earth and creating a sustainable world for our children.

The following is based on currently available information.

EarthSave continually updates Realities as new data becomes available.

- Amount of all diseases in the U.S. that are diet related: 68%
- Diseases that can be commonly prevented, consistently improved, and sometimes cured by observing a low-fat diet free from animal Heart Disease
- Amount spent annually in U.S. to treat cardiovascular disease: \$135 billion
- Most common cause of death in U.S.: Heart disease
- How frequently a heart attack strikes in U.S.: Every 25 seconds
- How frequently a heart attack kills in U.S.: Every 45 seconds)
- Risk of death from heart attack for the average American man: 50%
- Risk of death from heart attack for the average American man who consumes no meat: 15%
- Risk of death from heart attack for the average American man who consumes no meat, dairy products or eggs: 4% (81)

Cancer

- Amount spent annually in U.S. to treat cancer: \$70 billion
- Amount of all cancers in the U.S. that are diet related: 40%
- Increased risk of breast cancer for women who eat eggs daily compared to once a week: 2.8 times higher
- Increased risk of breast cancer for women who eat butter and cheese 2-4 times a week compared to once a week: 3.2 times higher
- Increased risk of breast cancer for women who eat meat daily compared to less than once a week: 3.8 times higher
- Increased risk of fatal prostate cancer for men who consume meats, dairy products and eggs daily as compared to sparingly: 3.6 times higher
- Increased risk of fatal ovarian cancer for women who eat eggs 3 or more days a week compared to less than once a week: 3 times higher

Health of People Observing Vegetarian Diets

Anyone who may be skeptical about the strength, endurance and general health of people choosing to reduce or eliminate their consumption of animal products might consider these examples:

Only man to win Ironman Triathlon more than twice: Dave Scott, 6-time winner
World record -- 24 hour triathlon; swim 4.8 miles, cycle 185 miles, run 52.5 miles:

Other athletes observing vegetarian diets:

- Paava Nurmi: 20 World records in distance running, 9 Olympic medals
- Robert Sweetgall: World's premier ultra-distance walker
- Murray Rose: World records -- 400 and 1500 meter freestyle
- James and Jonathon de Donato: World records -- distance butterfly stroke swimming
- Bill Pickering: World record -- swimming the English Channel
- Estelle Gray and Cheryl Marek: World record -- cross-country tandem cycling
- Henry Aaron: All-time major league baseball home run champion
- Robert Parish: Starting center for Boston Celtics, at age 36, 7'0", 240 lbs.
- Stan Price: World record -- bench press
- Andreas Cahling: Mr. International body building champion
- Roy Hilligan: Mr. America body building champion
- Ridgely Abele: 8 national championships in Karate, including U.S. Karate Association World Championship
- Dan Millman: World champion gymnast

Not Just a Diet, the Vegan Lifestyle

by Phillip Hadley
Staff Writer

A person who has chosen a vegan (pronounced VAY-gan or VEE-gan with a hard 'g' as in garden or infrequently VEG-an with a soft 'g' as in vegetable) lifestyle has done just that, they have not only simply changed their diet. A vegan does not promote the existence of any animal derived products. This is a substantial list of food and clothing. The prime motivation of all the vegans I have talked with is that they do not want to participate in any manner with the promotion of animal cruelty.

Some of the foods which vegans will not consume due to their animal cruelty which many have never given a second thought include; honey, any dairy products including cream for your coffee, refined white sugar and gelatin. Nor will a vegan consume any products which contain these items.

Refined white sugar is not a vegan food because of the process by which it is made. The sugar is often mixed with blood albumen from pigs and cattle and the granulated sugar may be filtered through charcoal animal bones in a 'purification' process. Honey is not used by many vegans, though so may at times. Honey is food for the bees and vegans do not believe in taking away the food of the bees which they produce for themselves, not us.

Animal cruelty is most evident in the food industry. Recently I witnessed on television the continu-

ing dispute of the seal cull which takes place every year in Newfoundland. A tape of illegal seal cull practices were secretly made of the offenders. The offenders were shown skinning the seals alive, using illegal gaffs and participating in other acts of animal cruelty. While I loathe such treatment of animals and applaud the efforts of people to stop these horrible acts, I couldn't help but give a pat on the back to one Newfoundland fisherman. Whenever you see the pictures and film clips of the seal cull everyone whines and cries about the inhumane treatment, the gaffs, the skinning, the clubbing, the blood, those poor innocent seal pups! This particularly insightful Newfoundland fisherman made the statement, "Why aren't people protesting at the abattoir?" Indeed, if you have ever been to an abattoir it may well come back to haunt you the next time you lift a piece of red meat to your mouth. Don't stop at the abattoir, go to a chicken or turkey farm if you can stomach the ghastly sights by which you will be confronted. Have you ever eaten veal? Are you aware of the method for raising these calves? The method for producing goose liver pate is just as cruel, if not worse.

Our land mammals are not the only ones that suffer cruelty before their eventual consumption by the leaders of the food chain. Raised in the Maritimes I saw many a fish writhe in apparent horror, trying to flip his back to his watery home, trying desperately to breathe the oxygen in our air, unsuccessfully. What about catch and release fishing you say? So when do we start shooting and mending the deer before we let

them run off to be shot again? Many times have I watched people, or myself at one time, throw live lobsters into a pot of boiling water. Can you imagine if lobsters could emit some sort of audible sound? Whether or not a mute can scream, he still feels pain. Indeed, if you have ever had fresh lobsters, they do emit a high pitched whine when they enter the scalding water. However, the lobsters must be particularly fresh and most people lose any feeling of guilt when the butter is brought out on the table.

As I mentioned, being raised in the Maritimes, I took these ways to be acceptable and normal. Only when I started to see the ego of man and question the ego of man did I begin to question my ways. Our egos have us believe that all of life is subservient to us. All of life is there simply for our enjoyment. So, I assume by this rationale, much of the world's life forms are useless to us. After all when was the last time you feasted on a crow or spider, how about plankton or dung beetles? If they are not here as subsistence for us, they why do they exist? Man is vain.

Vegans have chosen an almost ascetic lifestyle. Of the vegans I have met, they all adhere religiously to their beliefs, I have yet to meet a hypocritical vegan. Even if you do not share many common beliefs with a vegan, you should respect them. To maintain such a rigid lifestyle for one's beliefs is worthy of respect no matter what your beliefs. By the way, Brad Pitt and Bryan Adams are both vegans.

CANCER

PLANT FOODS AND CANCER

Plant foods contain a number of substances which are believed to protect against cancer. Indoles, lignans, isoflavones, protease inhibitors and others have all been shown to be potent anti-carcinogens and may play an important role in the lower cancer incidence among vegetarians. In contrast, cooked meat and fish contains carcinogens known as heterocyclic amines (HA's). These are present at high levels in the urine of people consuming cooked meats and have been shown to be metabolically active in humans. Evidence suggests meat-derived HA's may play a role in breast, colon and pancreatic cancer (Snyderwine 1994).

Cancer is second only to coronary heart disease as a cause of death in Britain. Accounting for around 25 per cent of all premature deaths with lung, breast and colo-rectal cancers being the most common.

It is estimated that at least one third of all cancers are directly related to diet. Research has indicated that vegetarian diets may offer protection against diet-related cancer.

COLON AND RECTAL CANCERS

Vegans have significantly lower rates of colon cancer than non-vegetarians (Phillips, 1975; Chang-Claude, 1992) and incidence of both colon cancer and rectal cancer has been strongly linked to meat consumption (Willett, 1990; Bidoli,

1992).

The protective effect of a vegetarian diet against colon and rectal cancer is probably due to increased fibre intake and increased consumption of fruit and vegetables together with a lower intake of both saturated and total fat.

Vegans have lower levels of colonic bile acids and other faecal mutagens that can promote colon carcinogenesis (Johansson, 1992; de Kok, 1992).

Certain dietary components which are present at increased levels in plant-based diets such as folate, phytosterols and protease inhibitors, have been shown to inhibit colon carcinogenesis and may play an important role in its lower incidence among vegetarians (Troll, 1991; Rao, 1992; Giovannucci, 1993a).

Vegan diets also usually include high levels of antioxidant nutrients, the main ones being beta-carotene, vitamin C, and vitamin E. Antioxidants protect the body against damage from highly reactive molecules known as free radicals, generated naturally as a result of oxygen metabolism. Environmental pollutants, cigarette smoke and processed foods can all increase levels to which the body is exposed. Mounting evidence suggests antioxidants exert a considerable protective effect against both cancer and heart disease (Diplock, 1993).

BREAST CANCER

Breast cancer accounts for around 15,000 deaths each year in the UK. Known risk factors include age, obesity, early menarche, late menopause and family history.

Some studies have suggested a causal relationship between dietary fat intake and breast cancer, populations with diets high in animal fat and animal protein having the highest breast cancer mortality rates. However, other studies have found little or no relationship between fat intake and breast cancer, though it has been suggested that this may be due to insufficient between-person variations in fat intake within populations as well as methodological limitations (Rose, 1990; Hankin, 1993).

Evidence suggesting vegetarian women are at lower risk than non-vegetarian women is limited as differences in the incidence of breast cancer between vegetarian and non-vegetarian women are inconsistent. Mills (1989a) found no difference during a six-year study. However, among women with a relatively early menopause (48 years of age or younger) meat consumption and risk of breast cancer were linked (Mills, 1988).

Certain of the known risk factors for breast cancer may be lessened on a vegetarian diet. Obesity is less common and age of menarche may be delayed (Sabate, 1992). Vegetarian women also have altered sex hormone profiles with lower levels of circulating oestrogens (Goldin,

Continued on page 9

From Meat Eater to Freak

by Phillip Hadley
Staff Writer

Even though economics is not usually a reason given for people choosing a vegetarian diet, I do believe it is a valid reason and one that changes many persons diets. I first became a vegetarian for economic reasons, though I did not look at myself as a vegetarian at that time. Indeed, I looked at these people as freaks just as most of the populous does: 'You don't eat meat?! What do you eat? Vegetables? No meat?! How can you?! I couldn't live without meat!'

The diet I followed for the first 19 years of my life was as far away from that of a vegetarian as possibly could be. Steak, pork chops, luncheon meat, fish, fish sticks, crustaceans, bologna, hot-dogs, hamburgers, corned beef, Spam, chicken, turkey, ham, sausage, roast beef salami, and pepperoni were regular visitors to my plate. Though some would argue the meat status of some of these foods, they still officially classify as meat. I could also be guaranteed of eating some deer and moose every once in a while as well, and maybe some rabbit. What did I have as a side dish with my meat? Usually potatoes and canned vegetables. Meat was the undisputed king of the kitchen in my familys household.

Soon this castle would start to fall down, the first brick falling when I left home to attend university. Living on my own at university, far from home in the Maritimes, I was left to fend for myself. Ah the free-

dom, to go on my own, to come home on my own, to play loud music! Yes! Unfortunately I soon became aware that I had to pay my own bills. Damn. Thus we have the first step in my becoming a vegetarian, meat was expensive and the weekly grocery expenditure was the first to receive the budgetary ax.

What was I to eat? Fortunately my two roommates knew there way around a kitchen better than I, I only knew where it was located. They also had a fair amount of skills in the kitchen, I could only boil water and make toast, but we didn't even have a toaster. Their culinary background was much more exotic and diverse than mine. Through these two chefs, comparatively so, I learned of foods from far off lands such as rice and pasta. I also discovered that Marco Polo brought back other spices than just salt and pepper. Imagine my surprise when I was introduced to the other section of the grocery store. Till this time I only knew of the frozen food section, canned food aisle and the meat department, soon I was to learn of the fresh fruit and vegetable section. Cheeses other than Kraft slices were shown to me in a variety of shapes and tastes other than cheddar and how could I forget my first taste of Kraft dinner. The world of food came rushing in my direction, and not just because I knocked the can of tomatoes over, again.

Meat was still a large component of my diet, just not as large. In time these newly discovered foods and combinations thus came to push meat out of the centre of my plate. When I was at my mothers home I ate meat on a daily basis, but soon it was down to infrequently and by my sec-

ond year of absence from my mother's kitchen it had gone down to once every few months (unless you count fast food). This gradual decrease continued until I began to completely abstain from meat.

When I met my first live vegetarians, about four years after my meat consumption started to fall, I still thought they were freaks. By this time I hadn't eaten an egg for over a year and had not eaten any meat outside of fast food for about the same time. The exception to this was Christmas or when I was at a friends house, in either situation I wasn't the cook and I wasn't footing the bill. Still, they were freaks. My first questions were standard; 'You don't eat meat?! What do you eat? Vegetables? No meat? How can you?! I couldn't live without meat!' However, as already is evidence, I was well on my way to being a vegetarian. They were patient with me and explained their reasons for choosing a vegetarian lifestyle. They were still freaks though. I thought about what they said for some time. After examining my own diet and reasons to leave meat completely behind, I choose to take the last step and become a vegetarian.

In four years I went from eating meat daily, to once a week, once a month, and quite infrequently first because of economy. When I could afford meat again, it had been so long that other foods had taken over the centre of my plate and I didn't even notice that I wasn't eating meat. Four months after meeting my first vegetarians I made a conscious choice to exclude meat from my diets. Now I'm a freak too.

Recipes for Chinese Dishes

Hunan Chow Mein
Recipe By : Carol Greenberg, Veggie Life, pg 55
Serving Size : 6 Preparation Time :0:30
Categories : Cereals/Grains Chinese Dishes
Main Course Vegetables
Vegetarian

Amount	Measure	Ingredient -- Preparation Method
1	medium	onion -- chopped
3	cloves	garlic -- minced
1	tablespoon	peanut oil
2	tablespoons	soy sauce
1	teaspoon	dried mustard
2	stalks	celery -- sliced diagonally
2	cups	baby bok choy -- chopped
1		red bell pepper -- chopped
8	ounces	waterchestnuts -- sliced
1	cup	vegetable stock
1	cup	mushrooms -- sliced
4	cups	white rice -- cooked

In a wok or large skillet over high heat, cook onion and garlic in oil for 3 minutes, or until they begin to soften. Add soy sauce, mustard, celery, bok choy, bell pepper, water chestnuts, vegetable stock, and mushrooms. Continue cooking, stirring frequently, until vegetables are crisp-tender, about 5 minutes. Serve over rice.

Lo Mein
Recipe By : Joanne Hush, Classic Chinese Cooking, pg 65
Serving Size : 4 Preparation Time :0:30
Categories : Chinese Dishes Pasta Dishes
Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient -- Preparation Method
3		dried Chinese mushrooms
1/2	pound	Chinese noodles
3	tablespoons	peanut oil
1		onion -- chopped
2	cups	shredded cabbage
1	small	zucchini -- in 1/2" cubes
3	tablespoons	light soy sauce
1/2	cup	reserved mushroom soaking liquid
1	teaspoon	honey
1/2	teaspoon	salt

Soak the Chinese mushrooms in 1 cup of hot water for 30 minutes. Meanwhile, bring 4 quarts of waqter to boil in a large pot. Stir in the noodles and cook 3 minutes, just until tender. Drain, rinse in cold water, and toss with 1 tablespoon of peanut oil. Set aside.

Remove the mushrooms, but strain and reserve 1/2 cup of the soaking liquid. Trim and discard the mushroom stems. Coarsely chop the caps and set aside. Combine the ingredients for the sauce in a small bowl. Stir to dissolve the sugar and set aside.

Place a wok over medium-high heat. When it begins to smoke, add the mushrooms, onion, cabbage, and zucchini. Stir-fry for 2 minutes. Pour teh sauce over the vegetables. Add the reserved noodles and stir until heated through, about 3 minutes. Serve immediately.

Spinach Ravioli
Recipe By : Jean-Marc Fullsack
Serving Size : 6 Preparation Time :0:45
Categories : Appetizers Chinese Dishes
Main Course Pasta Dishes
Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	cup	tomatoes -- peeled, seeded, diced
1	small	onion -- oven roasted
1	cup	mushrooms -- minced
2	teaspoons	garlic -- minced
1/2	pound	spinach leaves -- blanched, chopped
1/4	cup	nonfat cottage cheese
3/4	cup	tofu -- mashed
2	tablespoons	fresh basil -- minced
		freshly ground black pepper
		salt -- to taste
48		eggless pot sticker skins

In a large saucepan, combine the tomatoes, onion, mushrooms and garlic. Cook over medium heat until the liquid from the mushrooms comploetely evaporates abnd the mixture is somewhat dry. Be careful not to burn it. Set aside to cool.

In a large bowl, combine the tomato mixture, spinach, cottage cheese, tofu, and basil. Season to taste with pepper and salt. On a cutting board, lay out a single layer of pot-sticker skins. Using a pastry brush, moisten the edges with water. Place 1 tablespoon of the spinach mixture onto the center of each skin. Cover with a second potsticker skin and press the edges together with the tines of a fork to seal.

Cook the ravioli in boiling water or vegetable stock for 3 minutes, or until the potsticker skin is al dente. Serve hot.

CANCER

Continued from page 8

1982; Bennett, 1990). Adlercreutz (1992) has suggested that lignans and isoflavonoid phytoestrogens, present at high levels on vegetarian diets, may affect sex hormone metabolism and so protect against breast cancer. It is also believed that dietary fibre may play a protective role (Baghurst, 1994).

PROSTATE CANCER

Prostate cancer has been strongly linked to meat consumption. In a study of nearly 48,000 men aged between 40 and 75, those eating red meat five or more times a week were 2.6 times more likely to suffer from prostate cancer than those who ate it once a week or less (Giovannucci, 1993b). Mills (1989b) also noted a link between meat consumption and prostate cancer risk.

LUNG CANCER

Vegetarian populations show lower mortality rates from lung cancer compared with non-vegetarian populations. This is largely due to the fact that vegetarians tend to be non-smokers but dietary factors may also play a role. A high level of fruit and vegetable consumption has been shown to be protective against lung cancer (Marchand, 1989; Fraser, 1991). Goodman (1992) suggested that smokers who also had a high intake of animal fat and animal protein had a greater risk of developing lung cancer than other smokers.

Recipe for American Dishes

Super Soy Burgers
Recipe By : Marie Oser, Veggie Life, Jul 95, pg 29
Serving Size : 8 Preparation Time :0:50
Categories : Legumes Vegetarian
Diner And Grill American

Amount	Measure	Ingredient -- Preparation Method
		Pan spray
1 1/2	cups	soybeans -- cooked and mashed
3/4	cup	brown rice -- cooked
1		egg
3	tablespoons	soy sauce
5		scallion -- minced
1	tablespoon	nutritional yeast
1	tablespoon	cornstarch
2	tablespoons	dijon mustard
2	tablespoons	fresh mixed herbs -- chopped
		salt & pepper -- to taste

1. Preheat oven to 400 degrees.
2. In a large bowl, thoroughly combine all ingredients. Let rest for 15 minutes.

3. Form mixture into 8 patties. Place on cookie sheet and bake for 30 minutes, or until golden brown.

NOTES : Makes 8 4-ounce patties.

by Cheap S. Kate
Contributor

Student Guide to Free Stuff

It's March, and if you are like me, your OSAP is running out and

your parents refuse to send you any more money to support you supposedly nonexistent drinking habit. Well,

per, barbecue sauces, ect.
3. If you need fresh bread, go to East Side Mario's and take a few loaves of their awesome bread home in your jacket. (I have personally left with a total of five loaves in one visit!)

4. If your shampoo is running low, go to a local hotel around noon or one and look for the maids cart in the hallway. You can go away with soap, shampoo and conditioner, and even new ashtrays and towels.

5. Want to call home but you can't afford it? Well, carry a beeper, and go to a store in the mall or any place of business and tell them you have been paged and its imperative that you call them back right now and you don't have the money for a pay phone. This will work as long as you keep the call short.

6. Movie food can be had free very easily. Keep your cup or popcorn bag from the last time you went, or find one in the theatre (just make sure you wash the cup) then go up to the candy counter when the movie has started and tell the person behind the counter that

you just spilled your pop or popcorn and they will almost always give you a free refill.

7. For those of you who have the guts to try it, find a really drunk person at a bar and when they turn their back and set their drink down, grab it and move away

quickly. This is only to be tried by persons with quick skill and agility as you may get a severe ass kicking if someone notices!

8. If at the theatre for a busy movie and the usher does not rip your ticket, hold on to it and try again the next night. 95% of the time the usher will not look at the date on the ticket, just make sure you go to the same time show as the time before.

9. If you need paper for your classes, check out the recycling bins in the computer rooms. They are chock full of perfectly good blank paper.

10. Need some quick pocket money? Beer bottles are the way to go! Find a party and slowly remove the empties out to your car. If the party is big enough no one will notice and you can make anywhere from \$5 - \$25.

11. Sick of cleaning your silverware? Most

fast food places have plastic utensils that are free for the taking.

12. Another way of getting free calls is call the operator from a pay phone and tell them the phone just ate your last quarter. Usually you will get a free call on them since they can't prove you

didn't actually lose a quarter.
13. Want to send a letter free. Put your own address as the out-going address and where you want it to go as the return address and mail it without a stamp. This will only work though if it is mailed in the city of the return address as it will be sent "Return to Sender".

14. If you are good at writing business style letters, send a company back something like a pair of their sunglasses and tell them who you supposedly work for and you are very disappointed with the product. They will usually send you back a new pair, or if you are really good, they

FAMOUS PLAYERS
CITY CENTRE CINEMAS
SLUDBURY, ONTARIO
GST# R101738144

EMPIRE STRIKES BACK (PG)

CINEMA 1 Feb 21 9:45pm
Admit One \$6.41
Tax \$1.09
Total \$7.50

GENERAL AM

Please Retain Your Ticket
01 113139 Cash 2/21/97 9:30pm

will send you an assortment of their product styles. A friend of mine actually received ten pairs of shades from a very respected (and expensive) sunglass manufacturer upon writing them a business letter and sending back a pair of their shades he found at the beach!

15. Many food companies will send



you free samples and even cases of their food if you contact them with reason like you are promoting their food in some way, or that you were very disappointed with the quality of one of their food products you had just purchased.

16. Hungry for some snacks in the afternoon? Go to your local grocery store just after noon and they almost always have free samples since that is the prime shopping time for families.

Come on Laurentian, free stuff is out there! You just have to know the little tricks to get it. Most free stuff is legal and that is the best way to go. If someone wants to give things away, then you should take the initiative and take it. OSAP can only last for a while, learn to stretch it by receiving free things people are willing to give to you!!!



AUSTRALIA & BRITAIN Fly to New Horizons!

Study overseas by continuing or completing your education abroad. Teacher training - one year programs which are accredited for Ontario. Master's Degrees are also available. Professional certifications in many disciplines. Reasonable fees-airport pick up in Australia - guaranteed accommodation.

Please contact:
K.O.M. Consultants
P.O. Box 60524
Mountain Plaza Postal Outlet
Hamilton, ON L9C 7N7
Phone (905) 318-8200
Fax (905) 318-5664
Email: kom@wchat.on.ca.
Join the hundreds of KOM students who have already enjoyed this cultural & educational experience!

here is Lambda's first list of legal (well, most of them) ways to get things you need for free.

1. Take a Ketchup bottle to McDonald's with you, and when no one is looking, pump the bottle full from their dispensers. This also works for syrup during the breakfast hours.
2. Other condiments are easily accessible (especially at Harvey's) which include packets of salt, vinegar, pep-



Our Student Class™ fares to Canadian cities give you the lowest prices and the most flexibility.

	One Way from	Return from
from Toronto to		
VANCOUVER	\$199	\$329
CALGARY	\$179	\$289
HALIFAX	\$159	\$219
WINNIPEG	\$129	\$199

Also ask us about charters and seat sales!

TRAVEL CUTS
New Student Centre, SCE 234, Laurentian U.
673-1401

Ont. Reg. # 02569676



LEND ME AN EAR



Kevin Closs Homecoming

by Monique Roy
Staff Writer

I thought I would bring something a little different to this week's CD reviews. I recently purchased a CD entitled *Homecoming* by Kevin Closs, a student attending our university. He not only wrote many of the songs, but he plays guitar and other instruments and does all the vocals.

This is not the type of music you usually read about in this section, Kevin Closs performs Celtic type music. The soft melodic beat of the acoustic guitar adds its touch to Kevin's soothing, yet captivating voice, which seems well suited for this type of music. With such songs as *Careful What You Wish For*, and *Aphrodite's Song*, and *Homecoming* that show not only Kevin's musical talents but his appreciation and love for the music which will give this CD a professional edge above other artists.

This is a CD worth picking up, if you can find it. Unfortunately, it is not sold everywhere. I was lucky enough to find it in my neighborhood drugstore. He gave a performance a

few weeks ago to launch his new CD that went extremely well. A large number of people not only attended but enjoyed Kevin's performance. What is fortunate, though, is that Kevin will be playing with The Friends of Erin on March 17. I advise you to attend this performance not only to expand your musical knowledge but to see a multi-talented group of local artists.

Deranged that starts off, and rules the music of the album.

Just like past soundtracks from David Lynch films (*Wild At Heart*) the *Lost Highway Soundtrack* is a definite must have!

VA - The Tarantino Connection

by Mat Thompson
Staff Writer

Well, the king geek of movies has done it again! Once again **Quentin Tarantino** has come up with yet another way to cash in on his film success. Since his movies are known just as well for their music as they are for their blood and swearing, **Tarantino** has now released a compilation CD of his favourite songs from his films.

Now, if you own at least two or three soundtracks from **Tarantino** films, this CD will be of no real use for you. The CD contains music from *Pulp Fiction*, *Reservoir Dogs*, *True Romance*, *Natural Born Killers*, *From Dusk Till Dawn*, and *Four Rooms*. Sure all the songs are good, but it's just a rehashing of all the songs you have already heard. *Stuck In The Middle*, *Little Green Bag*, *Sweet Jane*, *Waiting For The Miracle*, and *You Never Can Tell* are all good songs but it's the tracks from the less know albums that are interesting. *Foolish Heart* and *Dark Night* from *Dusk*, and *Love Is* and *Graceland* from *True Romance* are less played, more interesting songs for the listeners.

Sure, there is about three minutes of **Tarantino** himself speaking about how important music is to a movie, but who cares. Maybe the



album should have included songs from his movies that did not make it on to the original soundtracks. New songs would be better than just the same old stuff. For huge followers of **Tarantino**, sure rush out and get this

album, but for those of you like me who already own the soundtracks to **Pulp**, **Reservoir**, and **Killers**, don't bother with this CD. You have all the songs already and there is nothing new for the price you will pay.

Things You Should Know

For those of you interested in going to *Return Of The Jedi* on March 7th, you might be interested in knowing that the date of its release has been changed. In a press release from Twentieth Century Fox, the company announced that in response to North America's overwhelming reception to the *Special Edition* of *Star Wars* and *The Empire Strikes Back*, the *Special Edition* of *Return of the Jedi*, previously slated for a Friday, March 7th release, till now open in theatres nationwide on Friday, March 14th. The movie will give moviegoers an extra week to experience the first two installments of the *Star Wars* Trilogy before *Return of the Jedi* comes to the big screen.

Since your plans for Friday night may have gone awry, you might want to check out something on a more local scene. There will be a book launch on March 7th in the foyer of the J.N. Demarais Library between 3 p.m. and 5 p.m. for the newly released book *Changing Lives: Women In Northern Ontario*. It was co-edited by Women's Studies professor Margaret Kechnie and Social Work professor Marge Reitsma-Street and it includes articles from professors at Laurentian and Cambrian College as well as authors from other educational institutions. The book accounts several important social issues in the lives of Northern Ontario women such as poverty, violence, multiculturalism and women's health. These are very important issues for women in general and it is a definite plus that literature is being written about the lives of women in Northern Ontario.

Free Movie

rentals for 4 months (a \$400 value)

Come in to the store or restaurant between 5pm and 10pm and get a free ballot for the contest. Get an additional ballot with any purchase and one for every movie rental.

This advertising is for a contest. Limit of 1 free ballot per customer per day. Ballots are only given out between 5pm and 10pm. Free Rentals will begin April 15th, 1997 and end August 13th, 1997 (120 days). One free rental will be given everyday to the winner for 120 days. Unused rentals are forfeited. Rentals must be used by the winning customer and cannot be transferred or sold. In simple terms, you get one free rental every day for 120 days. You cannot add days together, the limit is one movie per day. If you don't use one then you lose it and it doesn't get added on to the end. The rentals will start on April 15th and end on August 13th, 1997. No Reservations are allowed. Draw will be held April 14th, 1997 at 11am. Winner must have a membership account or one will be opened with proper I.D. No cash value and cannot be converted to cash.

Gloria's Video

469 Bouchard St., Sudbury
(Corner of Regent and Bouchard)
Hours: 6am to 1am

To reserve videos call: 522-3800

We accept Visa, Mastercard, Amex and Debit Cards

Attack Of The Cheese

by Mat Thompson
Staff Writer

This week's cheese comes straight to us from one of the cheesiest actor/comedians around. **Andrew Dice Clay** (I wonder what he is doing now?) was a great flash in the pan in the late 80's and early 90's. His rude comedy and female bashing ways won him tons of fans and even a movie. This movie is of course our cheese slice for the week, *The Adventures Of Ford Fairlane*.

Now how good can a movie be about a rock and roll detective who is named after a classic (?) automobile? Actually the movie is basically funny if you like **Dice**. Most of the jokes in the movie are just rehashed from his stand-up act that everyone has seen. The movie follows the search for a killer who just offed **Vince Neil**. The only people who seem to know who did it is a groupie-slut, a millionairess (**Percilla Prestley**), and big mouthed radio shock-jock (**Gilbert Godfried**), and the films villian, **Wayne Newton**. Does it sound cheesy yet? It must after knowing that the evil mastermind of the movie is Vegas singer **Wayne Newton**. It's almost scary that he does a better acting job than some of the other characters.

Also featured in the movie are **Brandon Call** (*Baywatch's* original **Hobie**), **Lauren Holly** (*Dumb and Dumber*), **Tone Loc** (remember him?), and even **Robert Englund** (*Freddy*) as a hitman that just won't die. This is one of the cheesiest ensemble casts ever put together for a comedy adventure movie. The writing for this movie must have been done by one of the producers teenage sons. It is filled with bad lines, sexual innuendo, and nothing new from **Dice**. It's a good thing **Dice** has such a funny attitude or else the movie would have bombed even worse.

There are some funny scenes, including **Ford** using the trunk of his car to store criminals, his being paid by rockers with "hair extensions and autographed drum sticks", and the classic sorority scene. Of course the sorority is perfectly named *I Ate A Pie*. There are also some very forgettable lines like "Talking to you is like masturbating with a cheese grater. Its enjoyable at first but its basically painful" and "So many assholes, so few bullets".

This week's cheese is for die hard cheese fans. Not everyone can stand a whole movie starring **Andrew Dice Clay**, but if you can, you have to rent this movie. Other movies starring **Dice** that are filled with just as much cheese include *National Lampoon's Favourite Deadly Sins* and *No Contest* which stars **Dice** and **Rowdy Roddy Piper** as terrorists holding a beauty pageant hostage. If that ain't cheese, I don't know what is!?!

Kraft Dinner Recipe of the Week

Cheesy Mashed Potatoes

SGA
AGE

National Coalition
Building Institute
Canada

Anti-Discrimination Workshop

Saturday, March 15, 1997
from 9 - 4 pm in L510

LIMITED TO 40 PARTICIPANTS
TO REGISTER COME TO THE
SGA OFFICE BY MARCH 12, 1997

Generously sponsored by the SGA
Lunch provided, Admission is FREE

Ingredients : 1 box of Kraft Dinner Spirals
3-4 Potatoes
Milk
Butter

Directions: Boil potatoes on stove top at same time as you make KD. Make KD according to directions on side of box. When potatoes are done, mash them in pot adding small amount of butter and milk to make creamier. Once potatoes are at texture you want stir in the KD and enjoy these cheesy potatoes as a great side dish.

Lambda's 1997 Elections

Elections of Editor-in-Chief and Financial Director will be held on March 21st 1997. Nominations will open on February 28 and close on March 14 at Noon.

The position of Editor-in-Chief is available to all elected staff of Lambda Publications of 1996-1997. This person would represent Lambda to other organizations and the community at large, would be one of the signing officers of Lambda, the other being the Financial Director, and would be the chief administrator of Lambda Publications. There will be an honourarium paid.

The position of Financial Director is open to all members of the Laurentian community. This person is responsible for the budget and the financial management of Lambda Publications. S/he would be the financial officer, would be responsible for the advertising department, the financial statements and various other administrative affairs. The successful candidate must be a member of the Laurentian University community who has taken three (3) business courses or who has related experience. (Recommended business courses include accounting, economics, finance and a relevant computer course.) Related experience is defined by a working knowledge of accrual accounting, cash accounting, forecasting, computers, budgeting, selling and marketing in the forms of advertising, distribution, and pricing. There will be an honorarium paid.

Does Your Dental Insurance Coverage Expire at Graduation or Before?

Give us a Call.....
675-8935

New Patients and Emergencies Welcome.

Drs Ed Zanier and Scott Keenan
Family Dentists

Centrally Located in Downtown Sudbury
156 Durham st. (2nd Floor)

This Week At Cinefest

ALBINO ALLIGATOR

March 6th—Tonight is the last night of **Albino Alligator**. It features **Kevin Spacey** in his directorial debut in a cool crime flick about gangsters and the hostages they take. Many good things have been said about this movie so you should take the opportunity to see this one before it leaves town. There is an all star cast of **Matt Dillon**, **Faye Dunaway**, **Gary Sinese** and **Joe Mantegna**.

MOTHER

March 7th to March 9th—The mother of all comedies stars **Albert Brooks** and **Debbie Reynolds** as a neurotic mother/son duo whose razor sharp wit will have you rolling in the aisles. If nothing else, go for the call waiting scene. ("Hold on, I have another call...Click...Hello?" "Mother, it is still me." "One sec...Click...Hello?" "Mother, it's still me." Click. "Hello?" "Mother, why do you pay for this feature?") Don't miss this movie! I demand it!

SCREAM

March 10th to March 13th—If you are looking to get scared, don't miss **Scream**. **Wes Craven** knows how to make us squirm and this will be no different. I saw a preview that was frightening enough to make me have nightmares. (The scene involved **Drew Barrymore** on the phone with an anonymous caller who asks her name and what she is doing. She says, "I'm making popcorn because I'm going to watch a scary movie." The caller asks her name again and she says, "Why do you want to know?" and the caller responds, "Because I want to know who I am watching." AAAAAAAAAAAAAAH!!!! This film also stars **Neve Campbell**, **David Arquette**, **Courtney Cox** and new Hollywood boy toy **Skeet Ulrich**.

Remember, these movies play at the City Centre Cinema nightly at 7:00 pm. The cost is \$6.00 and \$4.99 on Tuesdays.

CORNER

playing

when imaginations meet
minds are free
and the music of the spirit
plays

human limits here are shed
wings are grown
while the essence of ourselves
stays

laughter mixed in with music
spirits dance
teaching those who don't know, to
see

is no better exercise
than flying
on imagination's wings
free

Holly

POETRY

Public Announcements

What's happening at the Women's Centre/ Centre Des Femmes

March 2-8, International Women's Week
March 8, International Women's Day
Thursday March 13 6:00 pm (Arboretum) Therapeutic Touch for Women
Thursday April 10 6:00 - 9:30pm (Room L-239) South Indian Vegetarian Cooking Class
Call the Women's Centre at 675-1151 (1089) if you have any questions, special needs, and/or if you want to pre-register.

Wilderness Bush Arts

A three hour workshop that will focus on using Traditional Folk and Native Craft Techniques to create a variety of practical and attractive items using only natural, easily found materials.
Presented by: Mors Kochanski. Author of Bush Arts, Northern Bush Crafts and editor of the Wilderness Arts and Recreation Journal.
March 7th at 6:30pm in the Phys Ed. Bldg in Room 264 Cost will be \$20 for students and \$25 for the public For tickets call the Dept of Active Living at 675-1151 (1001/1002) (Limited tickets so call ASAP!)

Northern Bush Craft and Wilderness Survival

A two-day workshop that will focus on knowing more about the resources of nature and how to use them. Participants will learn the practical skills and knowledge necessary for basic wilderness self-sufficiency.
Also presented by: Mors Kochanski.
March 8th and 9th at 9:00am - 5:30pm in the Physical Education Bldg in Room 264
Cost will be \$89 for students and \$99 for the public (This price includes lunches, hand-outs and booklets)
For tickets call the Dept of Active Living at 675-1151 (1001/1002) (Limited tickets so call now!)

Prayer Group In Sudbury

For anyone interested in participating in a non-denominational prayer group, Mrs. Helen Wade would like to hear from you. She is interested in meeting with anyone who wants to help her pray for all those in need in Sudbury. Mrs. Wade has been an active member in the Sudbury area helping out with Christian groups and giving her time to those less fortunate. I don't have a lot of money to give! she says but I will open up my home to anybody who needs me and to those who want to help spread God's love. For further information Or if you are interested in working with Mrs. Wade please call her at. 674-7437.

Attention All LOCS/EHCL members

Laurentian Off-Campus Students are looking for interested members to sit on the LOCS/EHCL executive and council. A list of available positions, explanation of duties as well as nomination and application forms are available at the LOCS desk in the Clubs' Room as of Wednesday March 5. Applications will not be accepted after Tuesday March 18.

Diversity Beyond Numbers: CAs of the Future

The Student Association of Chartered Accountants will be hosting an event with the theme of diversity in the field of Chartered Accountants. One of our main goals by hosting such a night will be to educate and break the stigma that Chartered Accountants are dull pencil pushers that have no lives. We are planning an evening that consists of Live Jazz Entertainment, a cultural dinner buffet, talent show, fashion show (featuring traditional dress from across the globe), a moonlight dance and a guest speaker. Many dignitaries, media and the general public will be invited to join the organization for a night of fun and entertainment. When: Friday, March 14, 1997. Where: Fraser Science II cafeteria. Tickets: \$10 members, \$12 non-members. Dress: Semi-formal

Want to get a good job?

Come to the career seminar conducted by Stephen Kaplan, one of Canada's foremost authorities on job search for students. Much of his experience was acquired reviewing over 60,000 resumes, interviewing of 6,000 people and conducting surveys of students, career advisors and employers. He has written the nationally acclaimed book: Don't Wait Till You Graduate, spoken at conferences across the country and appeared on radio and television discussing all aspects of job search and career development. He has also hosted his own show on Radio Montreal.

Stephen's presentation will re-energize your job search and give it focus and impetus to ensure you have a fighting chance to land one of those jobs you have dreamed about. He will cover the best ways to find out who is hiring, how to get the attention of recruiters, how to ensure your resume is actually read and how to persuade the interviewer you are the best person for the job even if you aren't the most qualified... and most of all, how to ensure you get a terrific job when you graduate. This may be the most important hour you spend during your entire four-year degree!

The seminar will be held on Monday March 17, 1997. 7 to 8 pm in the Alphonse Raymond Building (Teacher's College), Room E125. Cost \$1

CLASSIFIED ADS

SUMMER JOBS - Applications are now being accepted for summer jobs on cruiseships, airlines and resorts. No experience necessary. For more information, send \$2 and a self-addressed stamped envelope to: WorldWide Travel Club, 6021 Yonge Street, Suite 1040, Toronto, Ontario M2M 3W2

WORD PROCESSING, typing services. \$15 original resume, \$2 for additional copy. \$2 per page for straight typing of essays, assignments, etc. Call Fineline Processing (705) 673-0212, email: olyrra@vianet.on.ca, fax: (705) 688-1990

TERM PAPERS, REPORTS, ETC. - Save time! Professional word processing and resume service at reasonable rates. Enquire about pick-up/delivery service! Call Gail Ealdama at (705) 692-9400 Monday to Saturday 8:30am - 8:30pm

LSAT-MCAT-GMAT-GRE Prep - Spring/summer classes are now forming. Course formats range from 20 to 80 hours. 20 hour weekends are available for \$195. Richardson - since 1979. www.prep.com or prep@istar.ca or 1-800-410-PREP



Laurentian University
Printing Services
Service d'impression de
l'Université Laurentienne

Tel. 671-3846 or ext. 3846

Fax 671-3847

Fraser Building Room #080

Why waste your valuable time standing at a small copier when it can be done:

Fast, At Less Expense, With Better Results, At
Our University, Printing Services

Summer Camp Jobs in the U.S.A.

Visas Arranged

Lakeside Residential Girls
Camp in Maine

Service workers. Office, maintenance, kitchen (including assistant chef), driving. Visas for service jobs restricted to students enrolled in university for fall of '97.

Counselors. Combined child care/teaching. Swim, sail, canoe, equestrian, field sports, tennis, archery, gymnastics, dance, arts, music, theater, wilderness trips. Visas for counselor jobs available to all qualified applicants.

Non-smokers. June 21 to Aug 26. Send resume (C.V.): Kippewa, Box 307, Westwood, Massachusetts 02090-0307 USA; kippewa@tiac.net; voice (617) 762-8291; fax (617) 255-7167.

Ralph's

Sudbury's Favorite Wet Spot
523-5535



**Ralph's School of Bartending
Mixology Course**



Starting Monday March 10th at 9:00pm
Every Monday for 4 weeks
Sign up at Ralph's



First Come, First Served

Fee \$89 includes

• Mixology certificate (if graduate) •

• Possible job at Ralph's •

• All Material included •



by Mike Leblanc and Honsing Leung
Columnists
Mike

Honsing and Mike

Trades, Trades and... O.K. There was only Two Trades

Well, I think Dennis Lemieux, goalie of the Charlestown Chiefs in the movie "Slapshot," put it best when he exclaimed: "Trade me right f\$%king now!!!" The NHL play-offs are fast approaching and we all know what that means: big deadline deals. The festivities usually follow the same old routine - the most pitiful teams in the league give up their only useful veterans to teams that hope to contend for young kids or prospects. The Leafs had been the center of the majority of trade talk with a great veteran Gilmour languishing on the most pitiful team in the league. Well, Cliff Fletcher finally remembered to take his brain medicine and realized that he better trade Gilmour if the Leafs hope to be decent before the turn of the century. Actually, I'm proud of Fletcher since he was also able to dump Ellett, one of the biggest defensive liabilities in the league. I don't know if I like them giving up a draft pick, but seeing what the Leafs scout-

ing has done in the past, I don't blame Cliff. In return, the Leafs get two good, young players: Sullivan who, despite his diminutive size, has the same kind of grit and heart as Gilmour. They also picked up Smith, who, unlike Ellett, could probably pick Felix Potvin out in a lineup. The Leafs also acquire Alyn McCauley who is, in my eyes, obviously the key to the deal. This kid is awesome. He was last year's OHL MVP, for those of you who watched the World Junior Championships and didn't think he was anything special. He had the flu big-time. He really is a talented player. All in all, I would have to say that Cliff did a decent job getting value for two old men.

The next big deal saw the Boston Bruins deal disgruntled center Adam Oates, Rick Tocchet and Bill Ranford to Washington for Jim Carey,

Jason Allison, Anson Carter and a third round draft pick. Anybody else wondering why teams seem to trade their captains? Just like the Leafs, the Bruins are awful and they are going to miss the playoff for the first time in what, 100 years? This trade helps the Capitals right now, even though they weren't that good to start with. The trade helps the Bruins rebuild in order to start another long play-off streak next year. Let's face it, Oates is a great playmaker but he's an old man. Tocchet is a great power forward but he's an old man with a broken body. Ranford is a great money goalie for a team that can't put the puck in the net, not to mention the fact that he too is an old man. Boston picks up unproven youth in Allison (1994 CHL player of the year), Carter and the pick, but they also get a great young goalie in Carey, who could backstop them for the next decade. Some people may call me crazy, but I think that Boston swindled the Caps since Carey and Allison each have tremendous upsides while the former Bruins will all be heading towards retirement very soon.

Speaking of the hockey play-offs, does anyone else laugh at the fact that Mike Ramsey and Charlie Huddy have made it back into the NHL because of the poor quality of

today's defencemen. Each of them are easily in their late thirties, if not early forties. I guess there's a couple more years before their pension kicks in. Might as well stay busy. In closing, there are all kinds of university play-offs coming up and I would like to send my best wishes to the basketball Vees, men's and women's, for good runs. Oh, one more thing. This is mainly directed at a member of my group, but the Final Four is coming up down in the states and when I hear the name Michigan Wolverines, there are only three letters that come to mind, "N.I.T.", Ha! Ha!

Honsing

Well, Mike, I have a little different opinion on your thoughts. I was and still am a big Gilmour fan and was hoping that this would not happen. But it did, and I will have to live with it. New Jersey got the better of the deal as of today. Whether or not the Leafs are taking steps to better themselves next year and the years beyond remains to be seen. I will miss watching Gilmour with a Leaf uniform. He did, however, play great in the games before the trade and has played great since the trade. Sullivan, Smith and McCauley will help down the line. Hopefully soon. The fans cannot take any more of this last in the league deal. I think that Fletcher

will be fired after the season and new front office staff will be brought in to help this storied franchise.

Now the Caps got a steal in getting Oates, who is one of the best playmakers in the league right now, Tocchet, who is still productive to a degree and Ranford, a great money goalie. The Caps are looking at today to win the Cup and this deal will help them down the stretch and in the playoffs without giving up too much. Allison hasn't done much lately for being one of the former players through the Jr. gold program. Carter (fellow Scarberian!!) is also from that program and hasn't had the chance to play in the bigs. He should get the chance in Boston. Jim Carey, however, will get to play as the #1 (for a Vezina winner) in Boston and will make the best of it. Boston is just as bad as the Leafs and this deal was somewhat similar. Edge to Capitals now, with the future being decided in 2 or 3 years.

March Madness is just around the corner and Duke is going to win it all. Probably not, but I can dream, can't I? But I know one thing for sure, I actually agree with Mike with this Michigan thing.

On a serious note, the SPAD program lost a friend last week. I'd like to express my sincerest sympathies to the family and friends of Brian Clark. We will miss the spirited thoughts and sense of humour that he brought into class everyday.

Intramural Update

Women's Intramural Hockey League

by John Thompson and Josh Dean
Contributors

Sunday March 2nd marked the end of the Women's Intramural League. The skills competition was the final event, which included the speed skate, shooting accuracy, breakaway and the rapid fire. The winners were Jennifer Vroom for the fastest skater, Jenn Toole for the best shooter and Kelly Kadeau was the best goalie. The season ended very close with the top three teams all finishing with a 6-1 record. Goals for minus the goals against had to be used. The off-campus team came out on top with the Playgirls finishing 2nd and S.S.R. taking 3rd. The top three scorers, all from LOCS were Karen Duguay - 22pts., Jenn Fong - 20pts and Jenn Toole - 18pts.

Thanks to all the sponsors, Demarcos, Pizza Pizza, Shooter and Play it Again Sports for all the prizes they donated.

Intramural Indoor Soccer

The indoor intramural soccer season has come and gone, leaving two teams standing atop their respective divisions.

In the "A" division the Kickin' Banghers, led by Ron Toffan and Steve Spano came out on top with an 8-1 record. Second place went to Playing with Thunder, who with a 7-2 record gave the Kickin' Banghers a good run.

In the "B" division, the race for first place was much closer with the Raiders/Brats B tying 4th Year PHED Up with 5-2-1 records. The Raiders/Brats B, led by Travis Baxter were crowned champions due to an 8-4 win over 4th Year PHED Up earlier in the season.

Congratulations to the Kickin' Banghers and the Raider/Brats B as the indoor soccer champions of their respective divisions. Thank-You to all the participants who competed in the 1997 indoor intramural soccer league. It was a blast.


Molson's Athletes of the Week

Shawn Swords - Basketball

Swords, a fifth year arts student at Laurentian University showed outstanding performances on the courts this weekend when Laurentian defeated both York and Ryerson. The graduating student showed his extreme leadership skills on Friday night when he scored 19 points, had 15 rebounds and was named athlete of the game. On Sunday, Swords continued his success by scoring 21 points, had 7 rebounds and again was named athlete of the game. In a short ceremony before the game on Sunday, Swords was honoured for his five outstanding years with the Laurentian Voyageurs along with graduating team mate Jason Hurley.

Jenn Dewan - Track and Field

On Friday and Saturday, the Voyageur track and field team competed in the OUAA/OWIAA Championships. Dewan, a third year health student at Laurentian, received a bronze medal in the 600m. Dewan, along with fellow team mate Shane Rosatti, will be advancing to the CIAU Championships with their qualifying events next weekend in Waterloo.



Because things really are different Downunder!


MARCH 14, LAURENTIAN ENSEMBLE IN THE PUB

MARCH 15, SONS OF MAXWELL

MARCH 20, GREAT BIG SEA IN THE GREAT HALL

FREE POOL FRIDAY EVENINGS

COMING SOON!!!



Envision
Laurentian University Distance Education • L'Université Laurentienne et la formation à distance

SPRING SESSION 1997 (April 28 - July 17)

ATTENTION FULL-TIME STUDENTS!

During the Spring Session, credit courses are available on campus and through our Distance Education Program, entitled Envision. Information on course offerings, registration forms, fees, etc. will be found in the Continuing Education Calendar. Spring Session Calendars should be available in the Centre for Continuing Education in late February. Late registration fees apply after April 10, 1997.

- The maximum courseload for Spring Session is **THE EQUIVALENT OF TWO FULL COURSES, 12 CREDITS.**
- In the spring, full-time students are **NOT RESTRICTED** from registering in Distance Education courses.
- Envision course packages are normally mailed to a student's **PERMANENT ADDRESS.** Some course packages may be obtained from the Centre for Continuing Education starting April 8, 1997.
- Don't forget 3 credit half courses offered through Envision run the full length of the session.
- Some Distance Education courses have **LIMITED ENROLLMENT, register early.**

Ramsey Lake Road, Sudbury, Ontario, Canada P3E 2C6 • Chemin du lac Ramsey, Sudbury (Ontario) Canada P3E 2C6
Tel. (705) 675-1151 Fax / Télécopieur : (705) 675-4839

Aqua Vees Finish Best Season Ever

by Phillip Hadley
Staff Writer

The Aqua Vees finished up a great swimming year this past week-end at the CIAU championships hosted by Brock University. Our Vees competed against the very best Canadian university swimmers, some of whom are among the best in the world. 1996 Olympic Medalist Curtis Myden came to within hundredths of a second of breaking two Canadian records and fellow Atlanta 96 participant Chris Renaud broke the world record in the 50m backstroke sprint. Our Vees were obviously up against tough competition and, with all the records falling, concentration was a bit difficult to maintain.

Brad Johnson and Andrea Nicholls lead our Vees with great performances in their respective specialties. Johnson proved that just as he is a sprint force to be reckoned with at the OUAA championships, he should not be taken lightly on the national scene. Johnson earned a bronze medal in the 50fly, fourth in the 50free, and in consolation finals placed fourth in the 50free and first in the 100free. Hopefully Johnson will be spurred on by his great success this year to start on a track towards National team selection for major games. Many on this team believe he should continue to ride this big wave and train through the summer to reach his surely faster potential.

Andrea Nicholls had a superb performance and personal best in the 200m breaststroke, placing first in the consolation finals. Nicholls performance is marked by an extra asterisk when known that only three weeks ago she swam a lifetime best in this same event. Nicholls again proved that consistent hard work will reap consistent results.

Rookies Dave Clarke and Fai Yong both had very successful accomplishments at the OU champs which we hosted two weeks ago. Improvement from stellar performances are always difficult, yet alone when you are swimming at your first national competition with Olympians and world record holders. Undoubtedly, focus was a bit difficult, but it is a lesson that both must learn. In swimming, the best lanes to swim in are those in the middle. The outside lanes tend to be very wavy, therefore slowing you down. Fai knew lane one, the outside lane, very well by the end of his week-end races. Lady luck was not on his side as he drew lane one each time. Again though, he must learn from the experience and focus no matter where he may have to swim. Clarke placed 15th in the 200m back and Fai was 15th in the 50m fly.

On the older side of the spectrum, Bill Dewland and Jason Wicke proved that old men can swim fast when motivated. The apple sauce was obviously within sight at the end of the lane when Dewland finished very strong in his fastest ever 400m free. Dewland was not up to his usual par in the 400IM, but still proved he can compete with a seventh place finish in the consols of his specialty. Jason Wicke has surprised many people since jumping back in the water only two months ago to help his team out during the final sprint to these CIAU championships. Swimming fast and earning points he surprised those not in the know by finishing seventh in the 200m butterfly, one of the most sadistic events in swimming.

Representing the younger generation was Jonathan Howard. Howard was off in his main event, the 400m free but swam best times in the 100m free relay and the 1500m. As these events are at either ends of the freestyle events, we are lead to wonder what is his best event. In the most sadistic and cruel event was his finest performance ever in the 1500 free, just missing the finals by one placement. On Howard's feet was old man Billy, finishing as second alternate and 18th in the country.

As I predicted in the last issue of Lambda, veteran Anglea Lilly swam faster and had a better meet this past week-end then she did at her OWIAA finals. Ang narrowly missed finals qualification in several events even though she swam her hardest. I will make another successful prediction that she will continue to excel on her performances next year.

The Aqua Vees season is now at an end. However, the world swim season runs from September to August and several of our Vees will continue to swim the long course competitions. Dave Clarke, Fai Yong, Brad Johnson, Bill Dewland, Andrea Nicholls and Angela Lilly along with several other teammates will continue their training cycle after a short lay-off. Guaranteed, these swimmers and others who swim through till September will excel next year in the university season. We are lucky in that we will not be losing any of our male or female swimmers this year. With a full team slated to return next year and the prospect for recruits looking good and with leadership from our veterans and excellent coaching staff, next year looks even better. Thank you to head coach Dr. Jeno Tihanyi (get well soon please Doc), Jennifer Campbell and Jamie Bretzlaff for helping us to achieve our best. To those integral swimmers who did not have their names in print this year, remember that you are important to the team. It took a team to send these swimmers to the CIAU championships and it took a team to achieve the results we did at the OWIAA and OUAA finals. Most important, it takes a team of people to rely on one another when times are tough to get through the craziness of this sport for crazed people - who else in their right mind gets up at 5:30am to swim.

Vee Line

Hockey

Vees lose one game to York

The Voyageurs started the Mid West Divisional playoff final with a 4-2 loss to York. The series is a best of three. Scoring for Laurentian were Kiley Hill and Kevin Mackay.

Track and Field

Success at OUAA and OWIAA meet

The men's and women's track team set some personal bests and had a good showing at the OUAA/OWIAA Championships at York University this past weekend. For the men, Brian English finished with a personal best and 9th place finish in the 100m. CIAU qualifier Shane Rosati finished 5th in the long jump. Henry Haveman finished 10th in shot put. The men's 4X800m relay with Thompson, English, Rob Vanden Hengel and Jason Lemire placed 6th.

For the women's team, Kelly Rogers finished with a personal best in the 60m to place 19th and had another personal best in the 300m to finish 16th. In the 600m, Jenn Dewan finished in 3rd place. The 4X400m relay team of Jenn Dewan, Lucie Tremblay, Kelly Rogers and Suzanne Cumming finished 7th.

Basketball

Lady Vees defeat Ryerson

In the first of their two final games in league play, the Lady Vees beat the Ryerson Rams 72-49. Laurentian came out strong and full of confidence in the first half and out scored the Rams by 13 points. Leading the Lady Vees to victory were Stephanie Harrison scoring 13 points and Karen Vos with 12. The Molson Athletes of the Game were Ryerson's Georgia Parkes and Lau-

rentian's Stephanie Harrison. Laurentian on the Rebound

The Laurentian Voyageurs stormed to defeat the Ryerson Rams 77-61. The Voyageurs played an extremely physical game in the paint with Cory Bailey pulling down a total of 13 rebounds. In the second half the Voyageurs secured the victory with a 16 point lead. Top scorers for the Voyageurs were Shawn Swords with 19 points and Cory Bailey with 16. The Molson Athletes of the Game were Ryerson's Michael

Chisholm and Laurentian's Shawn Swords.

Late Breaking News

1. The Basketball Vees have regained first place in the nation.

2. Basketball Vees Shawn Swords and Cory Bailey have just been named as first team all-stars in the OUAA East Division. Rookie Vee Ted Dongelmans has been named as a second team all-star for the division. Basketball Vees head coach Peter Campbell has been named the OUAA East Coach of the Year for the sixth time in twelve years. Congratulations and good luck in the play-offs!!!

**GOOD LUCK THIS WEEKEND
BASKETBALL VEES AND LADY VEES!!!**

going to **EUROPE?**

Purchase

"the Basics"

at Travel CUTS/Voyages Campus

by April 18, 1997

and we'll throw in

**GET AN
\$85
value
FREE!**

- STUDENT CLASSM Airfare
- BON VOYAGE™ Travel Insurance
- EURAILPASS
- ISIC (International Student Identity Card)

"the Essentials"

FREE

- LET'S GO EUROPE book
- IZON'S BACKPACKER JOURNAL
- TRAVEL CUTS DAYPACK + MUG
- TOOTHBRUSH
- One free night at THE PINK PALACE youth resort (Corfu, Greece)

TRAVEL CUTS

the Student Travel Experts
Owned and operated by the Canadian Federation of Students

New Student Centre, Rm SCE-234
Laurentian University
673-1401

* Certain restrictions may apply; visit your local Travel CUTS/Voyages Campus for details. Insurance purchase not necessary in British Columbia. Must be full-time student. In order to qualify for the "Essentials," you must purchase your "Basics" by April 18, 1997. Valid for departures after February 3, 1997.

there are no limits

Internet

unlimited access

\$29.95

Internet

ISYS

e-mail info@sys.ca

487 bouchard st suite 2001

phone: 522-5588 fax: 522-6665

Hockey Vees' Season Over

by Steve Proceviat
Staff Writer

The Laurentian hockey Voyageurs' season ended abruptly Sunday afternoon with a 9-5 loss to the visiting York Yeomen. With the loss, the Vees bowed out of the Mid West Division Championships, losing the best-of-three series to York in two straight games.

Scoring two goals apiece for the Vees were Kiley Hill and Gary Roach. Greg Sutherland added the single.

In the end, it was a total lack of interest in the matters at hand that hurt the Vees. Poor goaltending, horrendous defensive play and a lack of any consistent attack were all culprits leading to the Vees' defeat. This lack of effort, while amazing in light of the game's importance, is strangely fitting at the end of this, a season of disappointment. So hyped early in the year, the Vees were successful only at remaining mediocre. This season-long lack of success must surely come as no surprise to any person that has regularly attended the Vees' home games this year. Consistent effort, that necessity for success, was just not in evidence. Seen in light of these erratic (at best!) displays of effort on the part of the Vees throughout the season, this early playoff departure seems sadly appropriate. Once again, let's wait 'til next year. Sigh. . .

Auditions for "Single & Sexy"

A bilingual Play about Sexual Attitudes in the 90's

When: March 22, 1997
From: 2-6p.m.
Where: Alphonse Raymond Auditorium
Who: Any Laurentian student interested in acting. There are 6 parts, 3 female and 3 male.
What's in it for you: The actors are granted a small honorarium as well as gaining valuable acting experience.
What to bring: Prepare a monologue and a song.
IMPORTANT: You must be available for rehearsals starting the month of August.
Bilingual applicants preferred.
For more information call Bill Sanders at ext. 2300

Auditions pour "Single and Sexy"

Une pièce de théâtre bilingue sur les attitudes relatives au sexe dans les années 90

Date: Le 22 mars 1997
Heure: De 14h à 18h
Lieu: Pavillon Alphonse-Raymond
Comédiens: Tout étudiant ou étudiante de la Laurentienne qui aimerait jouer dans une pièce de théâtre. Il y a 6 rôles, soit 3 rôles féminins et 3 rôles masculins.
Avantages pour vous: Les comédiens reçoivent un petit cachet en plus d'acquérir une expérience utile du théâtre.
Quoi apporter: Préparez un monologue et une chanson.
IMPORTANT: Vous devez pouvoir commencer à répéter au mois d'août.
Les candidats et candidates bilingues auront la préférence.
Pour de plus amples renseignements, communiquez avec Bill Sanders au poste 2300.

Vees push past York and into the Playoffs

by Erik White
Contributor

On Sunday, the two Laurentian basketball teams hosted the York Yeomen/Yoewomen at the Ben Avery Gym in the final games of their respective regular seasons.

The Lady Vees led off the afternoon, looking to outpace York by 15 and claim second place in Ontario. The gritty and determined Vees fell short of that margin, however, but still defeated the Yoewomen 65 - 59.

From the tip-off, Laurentian held a small lead, but York saw through the defensive press and kept it close. The Yoewomen then went on an 11-1 run, partially because of sharp shooting forward Maya Habash who finished with 18 points. The Yoewomen did run out of gas, after missing several free throws, but went into the dressing rooms still leading Laurentian by three.

The Lady Vees stormed out at the beginning of the second half and outscored York 18-3, to jump into the lead. Thanks to some good play all around, the Vees outclassed York who struggled offensively in the latter half.

Vees guard Karen Vos led the way for the home side with 16 points and was the Laurentian MVP of the game. Shauna Conway added 10 points with 5 rebounds for the winners, while third year Vee, Shelley Dewar contributed with 11 points and 8 rebounds off the bench. Along with Habash, York's Shannon Carey dominated the boards with 17 and added 9 points to earn York's MVP of the game honors.

A ceremony followed the action, honoring three graduating Lady Vees, Joy McNichol, Katie Malone and Linda Carriere, who were given flowers and treated to a standing ovation from the ever appreciative fans. Afterwards, Laurentian coach Shilene McLean commented: "Good game. To York's credit they worked hard and they're good competition leading into the OWIAA championships."

The Lady Vees head to Waterloo next weekend for the provincial championships, about which coach McLean stated "We look ready for the Ontario's."

The crowds poured in for the Voyageurs' game, including some suit-wearing, pot carrying superfans hoping to cheer Laurentian to that #1 national ranking they were seeking in this game, the rival Ottawa Gee-Gees having lost earlier. It was a hard fought, physical game, but in the end the Voyageurs proved they deserved that number one ranking, coasting to a 75-60 victory over the Yeomen.

Laurentian led 37-26, after a strong first half and poured on more of the same in the second. The Vees led by eighteen at one point, thanks to several good individual efforts. Shawn Swords had 21 points, 5 assists and 7 rebounds in what was his last regular season game for Laurentian. He took part in another ceremony for graduating Voyageurs, along with team mate Jason Hurley who had 7 points and team manager Luciana Paolicelli, who all went out on a winning note.

Cory Bailey also turned in a good game for Laurentian with 21 points, and a strong defensive showing along with centre Ted Dongelmans who had 7 rebounds and 3 blocks.

"Defensively, extremely well and hard," Voyageur coach Peter Campbell remarked "Pretty good (defense) on their two guys Wilton Hall and Nathan Aryev really helped." Campbell admitted that the Vees were not in sync offensively, and that the game officiating-wise was "beyond their abilities" and that "both coaches would agree on that."

The victorious Voyageurs head to the OUAA East-West shoot-out this coming weekend at Varsity Arena in Toronto and will play either Ottawa or Ryerson in their first game. All are encouraged to join the Voyageurs in Hogtown, especially the so called "superfans."

These Laurentian Basketball enthusiasts who are constantly positioned behind the visiting bench, bang pots and cause general confusion for Laurentian opponents. Coach Campbell said "they have a huge effect at every game for two reasons. One, they give our kids a boost, and two, being directly in front of them and trying to have time-outs, must be much worse than we hear it." Campbell was impressed that the superfans dressed up for Swords' and Hurley's last game and says that they were a big reason the Vees were undefeated at home this year.

More Intramural Updates

Intramural Cross-Country Skiing

by Christine Bowman and Catherine Cornacchia

Contributors

Congratulations to the winners of the intramural cross country skiing event. The overall winner of the event was Vicky Schoenherr, Tom Oxtaby placed second and Andrew Jamieson placed third. In the obstacle course portion of the event, Wes Edwards placed first. Behind him were Leslie Belchamber and Tom Oxtaby. The winners of the race were Vicky Schoenherr in first, Kyle Clarke in second and Tom Oxtaby in third. We would like to thank the event sponsors: Arby's, Blockbuster Video, Country Bagel, La Moda, Marriot, Science North and Subway, as well as all the participants for a great day of skiing.